

Better Homes
& Gardens
**NEW
COOK
BOOK**

EVERYDAY COOKING

250+ RECIPES FOR ANY NIGHT OF THE WEEK



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Our seal assures you that every recipe in *Better Homes & Gardens. Everyday Cooking* has been tested in the Better Homes & Gardens. Test Kitchen. This means that each recipe is practical and reliable, and it meets our high standards of taste appeal. We guarantee your satisfaction with this book for as long as you own it.

All of us at Dotdash Meredith Consumer Marketing are dedicated to providing you with information and ideas to enhance your home. We welcome your comments and suggestions. Write to us at: Dotdash Meredith Consumer Marketing, 1716 Locust St., Des Moines, IA 50309-3023.

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WATERBURY PUBLICATIONS, INC.

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Contributing Indexer: Mary Williams

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Food Editor: Jan Miller

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make it easy everyday

Making your life easier, more beautiful, and more delicious—in a word, better—has always been a part our mission at *Better Homes & Gardens*®. One of the things you need to do every day is eat—and most days, you have to cook. That's where this book comes in.

Everyday Cooking is a collection of recipes that don't require a lot of hard-to-find-ingredients or long, laborious prep times. All of them take no more than 1 hour to 1 hour 30 minutes start to finish—with the exception of slow cooker recipes—an investment in feeding yourself and those you love wholesome, delicious food that is well worth it. In many recipes, there is ample inactive time, when you can do other things while your dinner cooks in the oven, slow cooker, or pressure cooker. This cookbook utilizes a variety of cooking methods—all of the above mentioned, plus pan-searing and grilling.

To satisfy our ever-expanding global palates, it has a wealth of flavorful diverse dishes (Quick Tandoori Chicken, Indonesian-Style Beef and Rice Bowls, Banh Mi Sandwiches)) and on-trend recipes (Shakshuka, Cauliflower-Crusted Pizza, Chicken and Mushroom Pho). Because we know you will also turn to this book for the classics, we included iconic recipes too (Four-Cheese Macaroni and Cheese, Beef Stroganoff, Chicken Parmesan).

As with any recipe that's given the *Better Homes and Gardens* stamp of approval, all of these recipes are tested and tasted for quality and practicality. You will have success in your kitchen like we've had in ours—that's a promise.







A decorative border at the top of the page featuring a red and white checkered pattern.

COOKING BASICS

Everything you need to know for fast, efficient, and successful meal prep every time you step into the kitchen.

MEASURING

How you measure ingredients matters. This is especially true in baking, where there's quite a bit of chemistry involved. Take the time to measure each ingredient correctly and you'll see (and taste) the results.



FLOUR

Stir to fluff flour. Lightly spoon it into a dry measuring cup. Level with a table knife. (Don't use the measuring cup as a flour scoop.)



BROWN SUGAR

Scoop or spoon brown sugar into a dry measuring cup and pack firmly. Add more sugar and pack until level.



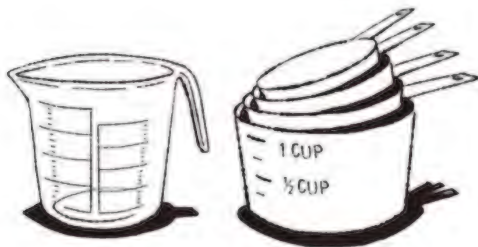
BUTTER, SHORTENING & CREAM CHEESE

Look for tablespoon markings on the wrapper of these ingredients (even shortening and cream cheese have measurements on the wrappers). Straighten wrapper; cut off what you need. Or spoon the ingredient into a dry measuring cup, packing firmly to fill air pockets. Level the top.



STICKY LIQUIDS

Control the stickiness of syrups and honey. Coat the liquid measure with nonstick cooking spray first. This allows the syrup to settle evenly, and it will slide right out.

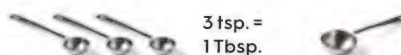


LIQUID MEASURING CUPS

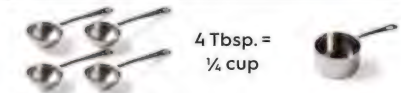
These glass or plastic cups have spouts and measurement markings on the side. For accurate measuring, look at eye level at the liquid in cup.

DRY MEASURING CUPS

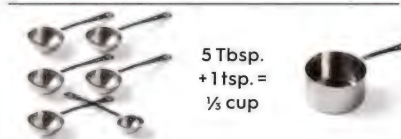
These cups look like scoops and have flat tops. Use a table knife to level dry ingredients. (Resist the urge to shake flour to level—you'll end up with too much.)



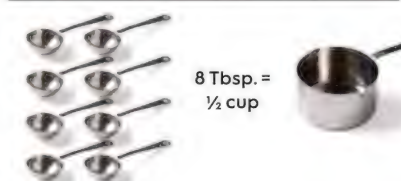
3 tsp. =
1 Tbsp.



4 Tbsp. =
1/4 cup



5 Tbsp.
+ 1 tsp. =
1/2 cup



8 Tbsp. =
1/2 cup



16 Tbsp. =
1 cup



KITCHEN MATH

We did the math so you would know how much to buy when you head to the store.



1 medium lemon =
about 2 tsp. zest
1 large lemon =
about 2½ tsp. zest



LEMONS

1 medium lemon =
about 3 Tbsp. juice
1 large lemon =
about ¼ cup juice



1 medium lemon =
about 3½ oz.
1 large lemon =
about 5 oz.



1 small lime =
1 tsp. zest
1 medium lime =
1½ tsp. zest



LIMES

1 small lime =
about 1½ Tbsp. juice
1 medium lime =
about 2 Tbsp. juice

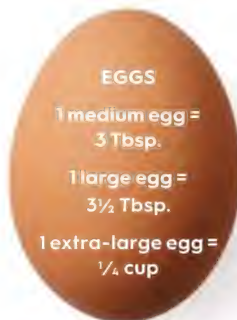


1 small lime = about 1½ oz.
1 medium lime = about 2½ oz.



ONIONS

1 small onion =
½ cup chopped
1 medium onion =
1 cup chopped
1 large onion =
2 cups chopped



EGGS

1 medium egg =
3 Tbsp.
1 large egg =
3½ Tbsp.
1 extra-large egg =
¼ cup



HERBS

1 tsp. dried herbs =
1 Tbsp. chopped
fresh herbs

CUTTING

To keep it concise, our recipes often include in the ingredient list the way a fruit or vegetable should be cut (chopped, bias-sliced, etc.). Here are our tips for prepping some common fruits and veggies.



APPLES

If desired, use a vegetable peeler to peel. Halve, then cut into quarters from stem to end; trim the core and discard seeds, stem, and ends. Cut quarters in half lengthwise for wedges. Cut wedges lengthwise into thin slices.



CITRUS

To section, cut a thin slice from both ends. Cut off peel and white pith from top to bottom. Working over a bowl to catch juice, remove sections by cutting toward the center between a section and membrane. Cut along the other side of the section to free it.



POTATO

If desired, use a vegetable peeler to peel. Cut crosswise into slices. For strips, cut slices into desired-size strips. For cubes, cut the strips crosswise into desired-size cubes.



AVOCADO

Cut in half lengthwise, working around the seed. Separate by twisting halves in opposite directions. Cut half with seed in half again; pluck out seed. Use a spoon to scoop flesh from peels. To slice, cut quarters lengthwise.



ONION

Peel onion and halve it lengthwise. For slices, place halves flat sides down and cut crosswise. To chop, cut halves into very thin wedges, then cut crosswise into pieces. For wedges, cut halved onion lengthwise, angling toward center.



SWEET PEPPER

Hold the pepper upright; slice off the sides to make four pieces (cut as close to stem as possible). Remove any seeds on sections. For strips, cut sections lengthwise. To chop, cut strips crosswise.



PINEAPPLE

Remove top and bottom. Cut off peel from top to bottom. Slice off sides to make four pieces (cut close to core). For rings, slice peeled pineapple crosswise. Use a small cutter to remove core from slices.



CHOPPED

Our Test Kitchen defines “chopped” as 1/2-inch pieces. It’s an estimate, so don’t worry about measuring them.



FINELY CHOPPED

Once you chop your ingredient, use your chef’s knife to go a step further to roughly chop into 1/4-inch cubes.



MINCED

Minced is smaller, about 1/8 inch. Keep chopping until the pieces get smaller. Garlic should be very finely minced.



JULIENNE

These matchstick-size strips are about 2 1/4 inches long. First cut long slices, then stack; cut into 1/8- to 1/4-inch-wide strips.



BIAS-SLICE

This cut is for long vegetables like carrots and green onions. It makes the slices more oval. To cut, slice crosswise at an angle.



WEDGE

Wedges are cut from whole produce like apples and onions. Cut halves, flat sides down, angling toward the center.



ZEST

Use a Microplane (rasp) grater for citrus zest. Rub peel firmly across grater, rotating fruit as you rub. (Don’t grate white pith.)

KNIVES

These are the best basic knives to start your set.



SERRATED BREAD KNIFE

Use a sawing motion to cut crusty bread, crumbly cake, or even delicate tomatoes.



CHEF’S KNIFE

Slice, dice, chop, and mince with this all-purpose blade.



KITCHEN SCISSORS

Open packages, cut chicken, snip herbs, and more.



PARING KNIFE

Have a few of these small knives for coring, cutting, and slicing small produce like strawberries.

COOKING & COOKWARE

These are the most frequently used cooking techniques, plus a guide to the cookware that's often used in this book.



SAUTÉ

Cook and stir food in a small amount of oil over medium to medium-high heat in a skillet. The goal is crisp-tender veggies with caramelized surfaces.



STIR-FRY

This fast, medium-high to high heat method is for quick-cooking larger quantities of uniform-size ingredients. Small amounts of oil are used in a wok or extra-large skillet. Stir foods constantly.



PAN-FRY

This method uses enough oil to lightly coat the bottom of the skillet. The surface of the food browns and, if coated, turns crisp. Thin cuts of fish and chicken cook well this way.



ROAST

Roasting is a dry-heat cooking method that browns the outside of foods. Place large items, such as turkey or beef roast, on a rack to provide air circulation under the meat. This method is also used to caramelize veggies.



BROIL

The broiler (the oven's top heating element) cooks food quickly under intense heat. Arrange food so its top (not the rack) is the specified distance from the broiler. Watch food closely. If you don't have a broiler pan, use a foil-lined baking pan.



STEAM

Place food in a covered steamer basket set over boiling water. The steam quickly cooks the food, usually vegetables, which retains color and nutrients. Steamed veggies are done when crisp-tender.

SKILLETS & SAUCEPANS

Good-quality cookware is an investment worth making—if you treat it well, it will last for years. Always check the manufacturer's directions to see if your skillet is oven-safe. All-metal pans—with metal handles—are typically fine for use in the oven. (Skillets with enamel or nonstick coating or plastic handles may be for stove top only.)

These cookware materials are readily available.



ALUMINUM

Aluminum is a good heat conductor—the heavier the pan, the better. Nonstick finishes prevent acidic food reactions, which may discolor the food.



CAST IRON

These pans are heavy and sturdy. They conduct and retain heat well but require seasoning and careful cleaning. Follow manufacturer's directions.



CERAMIC

This skillet is aluminum with a nonstick ceramic coating. It conducts heat well, and the coating can withstand higher temperatures than traditional nonstick coatings.



COPPER

Typically lined with stainless steel, these pans are heavy and sturdy. Copper is the best heat conductor, but it needs occasional polishing (and is pricey).



STAINLESS STEEL

This metal conducts heat poorly, so it usually has a core of aluminum or copper called triply. Stainless steel doesn't scratch or dent easily or react to acidic foods; it does clean easily.

MEDIUM SKILLET
= 8 INCHES



Straight-sided sauté pans with lids work well for browning and simmering.

LARGE SKILLET
= 10 INCHES



Sloped sides on a skillet make it easy to toss, flip, and remove foods.

EXTRA-LARGE SKILLET
= 12 INCHES

SMALL SAUCEPAN
= 1 or 1½ qt.



MEDIUM SAUCEPAN
= 2 qt.



SAUCEPANS

Saucepans have tall, straight sides with tight-fitting lids. Use a small saucepan for melting chocolate and butter. A medium saucepan works well for making sauces and cooking rice. A large saucepan cooks small-batch soups and stews.

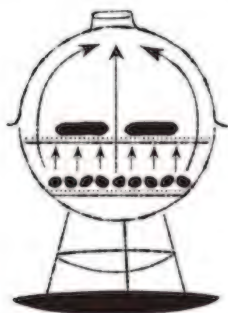
LARGE SAUCEPAN
= 3 or 4 qt.



FOR BIG RECIPES, we often call for a Dutch oven. This stove-to-table pot lets you brown foods and bake in the same vessel. A 4- to 6-qt. size with lid can handle most jobs.

GRILLING

Controlling the fire is the key to perfect, flame-seared meats and veggies. Get a handle on the terminology, techniques, and safety tips. Then fire up the grill to get your backyard party started.

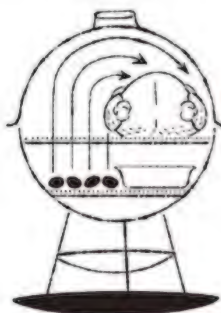


DIRECT GRILLING

involves placing food directly over an intense heat source with the grill cover closed. It works best with foods that grill in 30 minutes or less, including tender, thin, and small cuts of food. To cook evenly, turn food once halfway through grilling time.

FOODS TO DIRECT-GRILL

- Burgers ■ steaks
- chops ■ chicken pieces
- brats ■ hot dogs
- vegetables



INDIRECT GRILLING

is usually done at lower temperatures with food positioned on the grill rack to the side of the heat source with grill cover closed. This slower grilling method works like an oven and is used for foods that take longer to cook. The heat circulates, so turning food isn't necessary.

FOODS TO INDIRECT-GRILL

- Large roasts ■ ribs
- whole chicken and turkey ■ whole fish



GAS GRILLS

are clean, convenient, and easy to control. Follow the manufacturer's directions to preheat your gas grill and to use for indirect cooking (*opposite*).

ADJUSTING HEAT

Adjust burners to higher or lower settings as needed.



CHARCOAL GRILLS

take more effort but are worth it for the smoky flavor.

PREP

About 25 to 30 minutes before cooking, remove the grill cover and rack and open all the vents.

DIRECT COOKING

Use enough briquettes to cover the charcoal grate with one layer. Pile briquettes into a pyramid in the center of the grate for lighting (*opposite*).

INDIRECT COOKING

The number of briquettes you need to use is based on your grill size (chart, *opposite*).

ADJUSTING HEAT If grill is too hot, raise rack, spread coals apart, close air vents halfway, or remove some coals. If grill is too cool, use long-handled tongs to tap ashes off burning coals, move coals closer, add briquettes, lower rack, or open vents.

CLEANING GRATES



To prevent flare-ups and stuck-on food, clean grates after each grilling session. Particles release easier when the grate is still hot (but let coals die down slightly before scrubbing).

1

Scrub steel grill racks with a long-handled iron-bristle brush and enameled grates with a brass-bristle brush. Wear heat-resistant mitts.

2

If you don't have a brush, scrub off burned bits of foods with a sturdy long-handled metal spatula. Or grip a ball of foil with tongs and rub grates.

3

For thorough cleaning, after the grill grate has cooled completely, wash using mild soap and steel wool; rinse well. Let stand to dry.

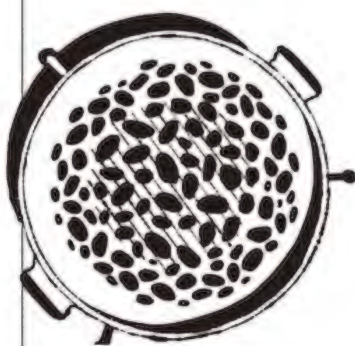
ABOUT CHARCOAL

Fire up the coals using a fire starter or an electric starter or place briquettes in a chimney starter. (If you use liquid starter, wait 1 minute before igniting the fire.) Before grilling, let the fire burn 20 to 25 minutes or until the coals are covered with a light coating of gray ash.

Grill diameter
18½ INCHES
Briquettes to start
32
Briquettes to add
for longer grilling
10

Grill diameter
22½ INCHES
Briquettes to start
50
Briquettes to add
for longer grilling
16

Grill diameter
26¾ INCHES
Briquettes to start
60
Briquettes to add
for longer grilling
18

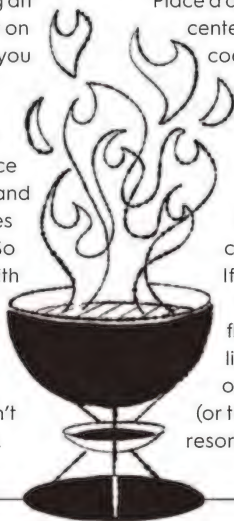


DIRECT COOKING Use long-handled tongs to spread hot coals evenly across the bottom of the grill, covering an area 3 inches larger on all sides of the food you are cooking.

WEATHER & TEMP
Weather can influence coal temperatures, and not everyone judges temperature alike. So use timings given with each recipe as a guideline and watch foods on the grill. Adjust heat when the temperature isn't right (*opposite*).



INDIRECT COOKING Use long-handled tongs to arrange coals around the edge of grill bottom. Place a disposable foil pan in center (drip pan). Or place coals on one side of grill; place drip pan on other side.



FLARE-UPS
Fat and meat juices that drip onto coals can cause flare-ups. If this happens, move food away from the flare-up and close the lid. If necessary to put out flame, close vents (or turn off gas). As a last resort, mist with water in a spray bottle.



HOW HOT IS HOT?

Check the temperature of the coals using a built-in or separate grill thermometer. Or use the hand test to test the heat level of your grill: Hold your palm above the heat source close to the cooking level and time how long you can comfortably keep it there.

HOT (HIGH)
(400°F to 450°F)
2-second or less hand count

MEDIUM-HIGH
(375°F to 400°F)
3-second or less hand count

MEDIUM
(350°F to 375°F)
4-second or less hand count

LOW
(300°F to 350°F)
5-second or less hand count

GRILL SAFETY

POSITION grill in a well-ventilated area at least 10 feet away from trees, houses, and combustible materials. Never grill inside a garage, porch, or enclosed area.

KEEP children and pets a safe distance from the hot grill.

USE heat-resistant mitts and tools with long handles.

HAVE a fire extinguisher handy in case of emergency. Do not pour water on a grease fire.

NEVER LEAVE a grill unattended or try to move it while it is in use or is still hot.

PERIODICALLY test your gas grill for leaks and clean the venturi tubes regularly according to the manufacturer's directions.

EXTINGUISH COALS by closing vents and lid. Let ashes cool 24 hours before disposing of them.

LET the grill cool completely before covering or storing it.

KEY INGREDIENTS

These common ingredients appear often in our recipes. Here are the specifics about how each ingredient is prepped in our Test Kitchen during testing.

NUTS

Shelled nuts are sold in the supermarket baking aisle or bulk section. They are available whole, chopped (labeled “pieces”), roasted, salted, and sugared.

APPEARANCE

Look for shelled nuts that are plump and firm (not withered or rubbery) and uniform in color.

STORAGE

Nuts contain high amounts of oil and turn rancid quickly. Store nuts in tightly closed containers or bags in the freezer up to 8 months or pantry 1 to 2 months. Always taste before using.



GROUND NUTS

Use a blender or food processor to get this finer texture, adding 1 Tbsp. of the sugar or flour called for in the recipe for each cup of nuts. This absorbs some oil, keeping the nuts from clumping. Use on/off pulses to prevent overprocessing, which can result in a gooey nut butter.



TOAST FOR FLAVOR

Toasting nuts, seeds, and coconut adds depth of flavor. To toast nuts or coconut, spread evenly in a shallow pan and bake in a 350°F oven 5 to 10 minutes, stirring once or twice (watch closely). Toast seeds and finely chopped nuts in a dry skillet over medium heat, stirring often.



COARSELY CHOPPED

Use a chef's knife to chop into large irregular pieces more than ¼ inch in size.



CHOPPED

Use a chef's knife to chop into medium irregular pieces about ¼ inch in size.



FINELY CHOPPED

Use a chef's knife to chop into pieces about ⅛ inch in size.

CRUMBS & CUBES



DRY BREAD CUBES

Crunchy bread cubes are used in stuffings and bread puddings. To make, stack a few bread slices and cut into ½-inch cubes. Bake cubes in a shallow baking pan in a 300°F oven 10 to 15 minutes or until dry and crisp, stirring twice; cool.



DRY BREAD CRUMBS

Fine dry bread crumbs can be purchased, or you can make your own. Use slightly stale dry bread slices or bake slices in a 300°F oven about 10 minutes or until slightly crisp. Use a food processor to make slightly coarse or fine crumbs. One slice yields ¼ cup fine dry crumbs.



SOFT BREAD CRUMBS

To create soft bread crumbs, cut fresh bread into cubes and pulse them in a food processor until crumbs form. One slice of bread, cubed and processed, yields ¾ cup crumbs.



PANKO CRUMBS

Look for panko bread crumbs at the supermarket with other breadings and coatings. They are light and crisp with a coarse texture. These crumbs work well for toppings, coatings, stir-ins, and any other dish where you would use traditional dry bread crumbs.



CRACKER CRUMBS

For 1 cup of cracker crumbs, use 28 saltine crackers, 24 rich round crackers, or 14 graham cracker squares. Pulse them in a food processor to desired fineness or crush them in a resealable plastic bag using a rolling pin.



CREAM CHEESE

Unless specified in the recipe, we test with regular cream cheese. However, we found that reduced-fat versions work equally well in most recipes. Avoid using fat-free cream cheese for cooking and baking—this product works best as a spread. To soften cream cheese, let stand at room temperature 30 minutes.

THICKENERS

Flour and cornstarch are the most common thickeners. To thicken 1 cup sauce to medium thickness, in a jar with a screw-top lid combine 2 Tbsp. flour with $\frac{1}{4}$ cup cold water or 1 Tbsp. cornstarch with 1 Tbsp. cold water. Shake it in the jar until well mixed (if in a bowl, whisk to combine ingredients). Stir into the sauce; cook and stir the sauce over medium heat until bubbly. To completely cook the starch, cook and stir 2 minutes more.



EGGS

Recipes in this cookbook were developed and tested using large-size eggs.



Before adding eggs to a recipe, crack them into a separate bowl to make sure eggshells don't end up in the food. To crack an egg, tap it on a flat countertop or on the rim of a bowl. If a piece of shell falls into the raw egg, use a spoon to scoop it out.



PASTEURIZING EGG WHITES

For food safety, start with purchased pasteurized egg whites when recipes use raw egg whites that are never cooked. Or follow these steps to pasteurize them yourself. In a 1- or $1\frac{1}{2}$ -qt. saucepan stir together 2 egg whites, 2 Tbsp. sugar, 1 tsp. water, and $\frac{1}{8}$ tsp. cream of tartar just until combined but not foamy. Heat and stir over low heat until mixture registers 160°F. (Don't worry if you notice a few small bits of cooked white in the mixture.) Remove from heat and place saucepan in a large bowl half-filled with ice water. Stir 2 minutes to cool quickly.



SALT

Unless noted, our recipes are tested with iodized table salt. Here are tips for using specialty salts.

FLEUR DE SEL This pricey salt is used to finish a dish, adding a mild but distinct flavor. Sprinkle lightly on salads, rich chocolate or caramel desserts, and meats and fish just before serving.

MALDON This popular flaked sea salt is made from purified seawater from the shores of Essex, England. It has a pyramid shape and delightfully briny flavor. Sprinkle over delicately flavored food just before serving.

KOSHER SALT This salt, a favorite with chefs, usually has no additives (such as iodine). Each grain is large and flat, so kosher salt dissolves quickly and can be added at any stage of the cooking process. Because of its size, 1 tsp. kosher salt contains less sodium than 1 tsp. table salt.

SUGAR

Most sugar bowls are filled with granulated (white) sugar. The finely textured crystals are easy to measure and dissolve quickly.

Powdered sugar is very finely ground, combined with an anticaking agent, and sifted. Other sugars, including blond-color raw turbinado and light and dark brown sugars, give a molasses sweetness to recipes.



FLOUR

Wheat flour is the most common flour used in cooking.

All-purpose wheat flour has a moderate protein content and is available both bleached and unbleached. Bread flour (also wheat), in comparison, has a higher protein content for sturdier foods like crusty breads, rolls, and pizza doughs.

OATS & OATMEAL



OAT GROATS

The least-processed option, groats (hulled, unbroken oat grains) can be cooked and served as a cereal or prepared like rice for a side dish or salad.

STEEL-CUT OATS

Also called Irish or Scottish oats, these coarse oats are made by chopping groats into smaller pieces. They require longer cooking than rolled and quick-cooking oats and are chewier.

ROLLED OATS

Rolled oats (aka old-fashioned) are whole groats that have been hulled, steamed, and flattened. They cook faster than steel-cut. (To toast, stir in a dry skillet over medium heat until golden brown.)

QUICK-COOKING ROLLED OATS

This version is made from groats that have been chopped before undergoing the steaming process. They are flattened more than rolled oats, so they cook faster and are less chewy.

INSTANT OATS

Instant oats are precooked (which makes them super soft) and dried before they are flattened with rollers. They cook extra fast for breakfast but don't work well in baked goods.

OAT FLOUR

Oat flour is made by grinding gluten-free oats. But contamination can occur during grinding, so it isn't considered a gluten-free substitute for wheat. If you bake with it, experiment by substituting small amounts.

OAT BRAN

Bran is the outer coating of the grain and is packed with soluble fiber. You can add it to baked goods to increase the fiber content. Experiment by starting with small amounts.



MILK

During testing, we always use reduced-fat (2%) dairy milk (unless otherwise noted in the ingredient list). In many recipes, any milk will work—even nondairy milks—but the richness of the product may be affected. Nondairy milks made from soy, almond, rice, coconut, cashew, macadamia, oat, and hemp are located alongside refrigerated dairy milk. Shelf-stable options are also available. Some brands offer unsweetened and sweetened milks along with added flavors, especially vanilla. Use your judgment when swapping (i.e., sweetened vanilla-almond milk is a good choice for a fruit smoothie; unsweetened plain soy milk is better for sauces). Use only dairy milk for custards and puddings.

BROTH

When the sodium level of a recipe (specifically for soups and stews) gets too high, our Test Kitchen balances it by using reduced-sodium or no-salt-added broth. Stock and bone broth products are also available and work as substitutes for regular broth. Broth bases, granules (bouillon), and concentrates can be used for sauces or soups and as seasoning for rice and boiled potatoes as they cook. Adjust other seasonings as necessary depending on the sodium in the product you use.

PEANUT BUTTER

The market is filled with peanut butter choices. Most versions rely on shelf-stable oils—such as palm oil—for a smooth, evenly blended consistency that doesn't separate at room temperature. This is the type we use to test all of our recipes. Some peanut butter varieties, labeled as "natural," just use peanuts and peanut oil and require refrigeration. These types tend to separate upon standing and require stirring. It can be difficult to fully blend them for an even consistency, which may affect cooking and baking results.



OILS

These are the most common oils and their uses. (Smoke point: how hot an oil can get before it starts to smoke.)

CANOLA

SMOKE POINT 400°F

A mild flavor and medium smoke point make canola a good all-purpose oil. Use for all baking and cooking tasks.

COCONUT

SMOKE POINT

350°F–400°F Refined coconut oil has a very mild coconut flavor and a higher smoke point (400°F); unrefined has a stronger coconut taste and lower smoke point (350°F). It is a solid at room temp and below.

CORN

SMOKE POINT 450°F

Its high smoke point and neutral flavor make this oil an excellent choice for frying, baking, and cooking.

OLIVE

SMOKE POINT

325°F–410°F

Unprocessed extra virgin olive oil has a strong olive flavor (almost grassy or fruity) and a lower smoke point (325°F). Use it as a dipping oil or a vinaigrette base. Pure olive oil is a combination of refined and extra virgin oils filtered for light flavor and a higher smoke point (410°F).

PEANUT

SMOKE POINT 450°F

This is the go-to oil for deep-fat frying and stir-frying.

CHILI PEPPERS

We love chile peppers for the big flavor boost they add to foods and for that kick of spicy heat. Learn which ones are milder and which are flaming hot so you always pick the right variety for the job.

HOW TO HANDLE CHILES

Always wear plastic or rubber gloves when working with chile peppers. If the cut chiles touch your skin, the oils (depending on the potency of the chile pepper) create a painful tingle that lasts for hours and can't be washed off. If you do accidentally touch the chiles, wash hands well with soapy water; avoid touching your eyes until the tingle subsides.

DRIED CHILES

To hydrate dried chiles, cover them in boiling water; let them stand until the skins become soft and pliable (about 30 minutes). Cut the chiles into small pieces, discarding stems and, if desired, membranes and seeds. To use as a fine powder, omit hydrating step and grind dried chiles into a fine powder using a mortar and pestle or spice grinder.



ROAST FOR FLAVOR

Preheat broiler. Place whole peppers on a foil-lined baking sheet. Broil 4 inches from heat 8 to 10 minutes or until charred on all sides, turning occasionally. Bring foil up around peppers; fold to enclose completely. Let stand 10 minutes. Wearing gloves, scrape off and discard skins. Remove seeds and stems.



CHILI PASTE

Use this condiment to make marinades, vinaigrettes, sauces, and soups.

1

Place stemmed and seeded dried chiles in an ungreased skillet. Cook a few minutes until fragrant.

2

Transfer chiles to a bowl; cover with boiling water. Let soak 30 minutes to soften; drain.

3

Transfer chiles to a food processor or blender. Process until a smooth paste forms.

MEET THE CHILES

When buying fresh or dried, look for these varieties.

1. CHILE DE ÁRBOL

Whether fresh or dried, this chile goes by the same name. Its high heat level and full flavor make it a good choice when you want extra-spicy chili.

2. PASILLA The long, slender dried pasilla is medium-hot with a deep, smoky flavor. It's often used in mole and adobo sauces and salsas.

3. ANAHEIM The mild, green Anaheim is a California chile that grows 6 to 8 inches long. Canned green chiles are preserved Anaheims.

4. CALIFORNIA This is the dried ripe red Anaheim chile.

5. THAI CHILE Several chiles are labeled "Thai chile." Most of these (such as Thai Bird chiles) are small, red, and very hot.

6. CHIPOTLE These smoked jalapeños are canned in a tangy adobo sauce. They are used (in small quantities) in soups, chilies, and sauces.

7. JALAPEÑO This pepper is versatile and readily available in supermarkets. It has a complex sweet flavor; the level of heat varies dramatically from pepper to pepper.

8. HABANERO & 9. DRIED HABANERO Caution! These chiles are extremely hot; use only if you love the burn. Start small when adding to dishes.

10. POBLANO The poblano, Mexico's largest chile, has a complex flavor with mild heat. Stuff it or chop it to use in soups and chilies.

11. ANCHO Ancho is the dried poblano. It's the sweetest dried chile, featuring hints of chocolate and plum.

12. GUAJILLO With an earthy flavor and medium heat, the dried guajillo is often used for making tamale sauce.

13. SERRANO These hot green chiles turn from bright green to red as they ripen. Use care when adding to salsas, marinades, and sauces.



HEAT LEVELS

In 1912 Wilbur Scoville created a scale for a pharmaceutical company to measure the spicy heat in chiles. Scoville Heat Units (SHU) range from 0 (in sweet peppers) to 2 million (in scorpion chiles [not pictured]). These are the SHU for common types of chiles (left).

100,000–300,000
HABANERO

50,000–100,000
THAI CHILE

15,000–30,000
ÁRBOL &
SERRANO

7,000–15,000
CHIPOTLE

3,500–11,000
JALAPEÑO

4,000–8,000
PASILLA

3,000–6,000
GUAJILLO

1,000–2,000
ANAHEIM &
CALIFORNIA

1,000–1,500
POBLANO &
ANCHO

GARLIC & SPICES

We all could use more spice in our lives, so here's the ultimate guide to perking up yours. Keep a collection of some or all of these essential spices (plus bulbs of garlic) on hand to flavor your recipes.

GARLIC

Whole bulbs last the longest when stored in a cool, dry, dark place with good air circulation. If garlic sprouts, remove green portion. Discard if cloves are shriveled. To peel, smash a clove with the flat side of a chef's knife to loosen; remove the peel. Mince garlic with a chef's knife or use a garlic press.

1 garlic bulb = 12 to 15 cloves

**1 clove = ½ tsp. minced =
¼ tsp. garlic powder**



ROASTED GARLIC Preheat oven to 400°F. Cut ½ inch off the top of the bulb to expose the ends of the cloves. Leaving bulb whole, remove any loose, papery outer layers. Place bulb, cut end up, on a double thickness of foil on a baking sheet. Drizzle bulb with oil; sprinkle with salt. Bring foil up around the bulb and fold edges. Roast 35 to 40 minutes or until garlic feels soft when squeezed; cool. Remove garlic cloves from paper husks by squeezing bottom of bulb or each clove.

BLACK PEPPER



WHOLE PEPPERCORNS Ground pepper loses flavor quickly, so buy whole peppercorns to grind fresh in a pepper mill. Tricolor varieties are available.



CRACKED PEPPERCORNS Cracked whole peppercorns add texture and bite to rubs and marinades. Use a mortar and pestle to crack peppercorns.

COARSE-GROUND PEPPER Pepper mills offer settings for grinding. The coarser the grind, the stronger the flavor. This grind is often used for finishing a dish.



FINELY GROUND PEPPER Finely ground is better for stirring into a dish. The flavor is more evenly distributed throughout the food with less harshness.



MARK THE DATE ON THE BOTTOM OF THE SPICE BOTTLE THE DAY IT IS OPENED.

GROUND SPICES START TO LOSE FLAVOR AFTER ONE YEAR. FOR THE MOST INTENSE FLAVOR, BUY WHOLE SPICES AND GRIND THEM AT HOME. STORE SPICES AWAY FROM HEAT AND SUNLIGHT.



CREATE YOUR SPICE PANTRY

These are the most common spices you'll want to have on hand for cooking and baking.

1. STAR ANISE

licoricelike

BEST USES Asian cuisine, mulled drinks

2. HOT OR SWEET PAPRIKA

peppery

BEST USES meat rubs, soups and stews

3. SMOKED PAPRIKA

smoky pepper

BEST USES meat rubs, soups and stews

4. GROUND CINNAMON

spicy-sweet

BEST USES breads, desserts, meat rubs

5. CINNAMON STICKS

spicy-sweet

BEST USES mulled drinks

6. FENNEL SEEDS

licoricelike

BEST USES Italian dishes, meat rubs, savory breads

7. GROUND CUMIN

earthy, warm

BEST USES chilies, meat rubs, Mexican dishes

8. CUMIN SEEDS

earthy, warm

BEST USES toast and grind; use like ground

9. GROUND CLOVES

sharp, warm

BEST USES pumpkin pie, spice blends

10. WHOLE CLOVES

sharp, warm

BEST USES baked ham, mulled drinks

11. GROUND NUTMEG

sweet

BEST USES baked goods, meatballs, white sauce

12. WHOLE NUTMEG

fresh, sweet

BEST USES Grate on a Microplane (rasp) grater; use two times the amount of purchased ground

13. CHILI POWDER

complex spice blend

BEST USES chilies, meat rubs

14. CAYENNE PEPPER

hot, spicy

BEST USES barbecue rubs and sauces, Mexican and Cajun dishes

15. GROUND CHIPOTLE CHILI POWDER

smoky, hot

BEST USES chilies and stews, marinades

16. GROUND MUSTARD

sharp, tangy

BEST USES cheese sauces, salad dressings

17. MUSTARD SEEDS

sharp, tangy

BEST USES pickling recipes

18. GROUND CARDAMOM

citrusy, fragrant

BEST USES baked goods, chai

19. CARDAMOM PODS

citrusy, fragrant

BEST USES grind; use like ground

20. CURRY POWDER

complex spice blend

BEST USES chicken salad, curries, sauces

21. CRYSTALLIZED GINGER

sweet, spicy

BEST USES baked goods

22. GROUND GINGER

pungent, zesty

BEST USES Asian cuisine, baked goods

HERBS

Although summer heralds the season for fresh herbs (either from your own garden or from the farmers market), most supermarkets offer a selection in the produce department year-round. When fresh isn't available, dried is a flavorful option.



DRIED HERBS

For the most flavor, crush dried herbs with a mortar and pestle to release the aromatic oils. Or place the dried herb in your palm and crush it with your thumb and fingers.

SWAPPING DRIED FOR FRESH

In general, we recommend using one-third the amount of dried herb for the amount of fresh in a recipe. When substituting a ground herb for dried leaf herb, use about half the amount dried.

**1 Tbsp. fresh herb =
1 tsp. dried herb =
½ tsp. ground herb**

STORAGE

Store dried herbs and spices in a cool, dark place 1 to 2 years.

FRESH HERBS

Pick herbs with plump leaves (avoid herbs that look wilted or shriveled).

CHOPPING FRESH HERBS

When herbs are stirred into recipes, you can chop the leaves with your chef's knife. If you're sprinkling fresh herbs on a dish to garnish, snip leaves with kitchen scissors so they don't get crushed or bruised.

STORAGE

Trim ends of stems; stand herbs in a jar with water. Loosely cover with a plastic bag; store in the refrigerator. (Store fresh basil at room temp to prevent discoloration.)



FREEZING HERBS

PRESERVE fresh herbs for months in the freezer. Chop or snip fresh herb leaves and tuck them loosely into the compartments of an ice cube tray.

POUR olive oil or water over herbs to cover; use a spoon to gently submerge the herbs.

PLACE ice cube trays in the freezer; freeze until firm. If desired, remove frozen cubes from tray and store in a resealable plastic freezer bag. Freeze up to 3 months.

TO USE, drop an herb cube into a hot soup or sauce.

MEET THE HERBS

Because heat diminishes the flavor of fresh herbs, stir in chopped or snipped leaves just before serving.

1. OREGANO

pungent, peppery

BEST USES chilies, pizza and marinara sauces, roasted/grilled meat

SWAP marjoram

2. WHOLE BAY LEAVES

herbal, slightly bitter

BEST USES braised meats, soups and stews (remove leaves before serving)

3. ITALIAN PARSLEY

bright, grassy

BEST USES multipurpose, grain salads, sauces (p. 34)

SWAP curly-leaf parsley

4. CURLY-LEAF PARSLEY

subtle, grassy

BEST USES multipurpose, garnish

SWAP Italian parsley

5. MARJORAM

pungent, perfumy

BEST USES beef, lamb, soups, vegetables

SWAP oregano

6. BASIL

peppery, licoricelike

BEST USES curries, Basil Pesto (p. 35), tomato dishes and sauces

SWAP Italian parsley

7. DILL

grassy, slightly sour

BEST USES egg salad or egg dishes, fish, vegetable salads

SWAP chives

8. TARRAGON

slightly bitter, licoricelike

BEST USES chicken, cream and butter sauces, roasted vegetables

SWAP basil

9. CHIVES

mild onion

BEST USES dips, fish, savory breads

SWAP green onion

10. SAGE

warm, woody

BEST USES breakfast sausage, stuffing, turkey

SWAP poultry seasoning

11. THYME

fragrant, earthy

BEST USES meat rubs, roasted vegetables, soups and stews

SWAP oregano or Italian parsley

12. ROSEMARY

piney, floral

BEST USES dipping oils, roasted meats, savory breads

SWAP thyme

13. CILANTRO

spicy, slightly citrus

BEST USES curries/Thai dishes, salsa/Mexican dishes

SWAP Italian parsley

14. MINT

fresh, icy

BEST USES cocktails, desserts, marinades

SWAP depends on use



SAUCES

Chop, puree, and pulse your way to high-flavor sauces made from fresh ingredients. We refer to these recipes throughout the book, but you can also make a batch to flavor fish, burgers, pasta, veggies, dips, and eggs.

HARISSA PASTE

START TO FINISH 35 minutes

- 4 oz. dried guajillo, ancho, pasilla, and/or New Mexico chile peppers*
- ½ tsp. caraway seeds
- ½ tsp. coriander seeds
- ½ tsp. cumin seeds
- 3 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 5 cloves garlic, peeled
- 1 tsp. kosher salt
- 3 to 4 Tbsp. water

1. In a large bowl combine dried chile peppers and enough boiling water to cover. Let stand 30 minutes.

2. In an dry 8-inch skillet heat caraway, coriander, and cumin seeds over medium heat about 2 minutes or until toasted and fragrant, shaking skillet occasionally. Remove seeds from skillet; cool. Grind seeds in a spice grinder.

3. Drain peppers; remove stems, seeds, and membranes (tip, p. 28). In a food processor or blender combine ground seeds, hydrated chile peppers, oil, lemon juice, garlic, and salt. Cover and pulse until smooth, adding enough of the water to reach desired consistency. **Makes 1½ cups.**

***NOTE** The color of your paste will vary depending on the colors of the chile peppers you use.

EACH 1 TSP. 12 cal., 1 g fat (0 g sat. fat), 0 mg chol., 34 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 0 g pro.

CHIMICHURRI

HANDS-ON TIME 15 minutes
CHILL 2 hours

- 1¼ cups packed fresh Italian parsley leaves
- ¼ cup olive oil
- 1 shallot, peeled
- 2 Tbsp. fresh oregano leaves
- 2 Tbsp. cider vinegar or red wine vinegar
- 1 Tbsp. lemon juice
- 3 to 4 cloves garlic, peeled
- ½ tsp. salt
- ¼ to ½ tsp. crushed red pepper

1. In a food processor or blender combine all ingredients. Cover; process just until chopped. Transfer to covered container; chill 2 hours.

Makes ¾ cup.

TO STORE Refrigerate up to 1 week. Let stand at room temperature before serving.

EACH 1 TBSP. 53 cal., 5 g fat (1 g sat. fat), 0 mg chol., 114 mg sodium, 2 g carb., 0 g sugars, 0 g fiber, 0 g pro.

GREMOLATA

START TO FINISH 10 minutes

- ½ cup chopped fresh Italian parsley, basil, or cilantro
- 2 Tbsp. lemon, lime, or orange zest
- 6 cloves garlic, minced

1. In a bowl toss together all ingredients. **Makes ¾ cup.**

EACH 1 TSP. 3 cal., 0 g fat, 0 mg chol., 0 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 0 g pro.

ROMESCO SAUCE

START TO FINISH 20 minutes

- 4 medium roma tomatoes, peeled, seeded, and cut up
- 1 ¾-inch slice country-style bread (2 oz.), toasted and torn into pieces
- ⅔ cup roasted red sweet peppers, cut up
- ½ cup blanched* whole almonds, toasted (tip, p. 24)
- ¼ cup red wine vinegar
- 1 Tbsp. chopped fresh Italian parsley
- 4 cloves garlic, smashed
- 1 tsp. smoked paprika
- ½ tsp. ground ancho chile pepper
- ⅛ tsp. cayenne pepper
- ¼ to ½ cup olive oil
- Salt

1. In a food processor or blender combine first 10 ingredients (through cayenne pepper). Cover and pulse until mixed. With processor or blender running, slowly add oil in a steady stream until mixture is combined and finely chopped. Season to taste with salt. **Makes 2 cups.**

***NOTE** Blanched almonds are almonds with their skins removed.

TO STORE Refrigerate up to 1 week. Let stand at room temperature before serving.

EACH 2 TBSP. 76 cal., 6 g fat (1 g sat. fat), 0 mg chol., 61 mg sodium, 5 g carb., 1 g fiber, 1 g sugars, 2 g pro.



HARISSA PASTE

- Stir into yogurt or sour cream for a dip.
- Mix with hummus or mayo for a sandwich spread.
- Mix into raw burger meat before cooking.
- Spoon over cooked eggs and meat.



CHIMICHURRI

- Serve over cooked meat, poultry, fish, and eggs.
- Spread on warm garlic bread.
- Stir into sour cream for a potato topper.



GREMOLATA

- Sprinkle over grilled meat and flatbread.
- Toss with warm pasta.
- Sprinkle on soups and stews.
- Top roasted vegetables.



ROMESCO SAUCE

- Serve with meat and seafood.
- Thin sauce to use as a dressing for grain salads.
- Toss with grilled or roasted veggies and warm pasta.



BASIL PESTO

- Toss with warm pasta.
- Spoon over cooked eggs and grilled steak.
- Substitute for pizza sauce.
- Whisk into salad dressings.

BASIL PESTO

START TO FINISH 15 minutes

- 1½ cups firmly packed fresh basil leaves
- ½ cup grated Parmesan cheese (2 oz.)
- ½ cup pine nuts, toasted (tip, p. 24)
- ⅓ cup olive oil
- 2 to 4 cloves garlic, peeled and halved
- ¼ tsp. kosher salt

1. In a food processor combine all ingredients. Cover; process until nearly smooth. Add up to 2 Tbsp. additional oil to reach desired consistency.

Makes 1 cup.

TO STORE Transfer pesto to an airtight container. Cover surface with plastic wrap; cover container. Refrigerate up to 3 days.

EACH 1 TBSP. 81 cal., 8 g fat (1 g sat. fat), 2 mg chol., 63 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 2 g pro.

MORE SAUCES

Love sauces? Look for these other favorites in the book.

Tartar Sauce, p. 107
Tzatziki Sauce, p. 145

MARINADES & RUBS

Before grilling or cooking, give meat and poultry a slow soak in a marinade or generously rub on a spice mix. That extra boost of savory flavor makes all the difference.

MARINADES

Combine the marinade ingredients in a resealable plastic bag; add meat or poultry. Seal bag and turn to coat. Set bag in a shallow dish. Marinate in the refrigerator 4 to 6 hours, turning bag occasionally. Drain and discard marinade. Cook as desired.

SWEET CHILI MARINADE

- ½ cup Asian sweet chili sauce
- ¼ cup rice vinegar
- 1 Tbsp. chopped green onion
- 1 tsp. ground ginger
- ¼ tsp. crushed red pepper
- ¼ tsp. salt



CURRIED YOGURT MARINADE

- ½ cup plain yogurt
- 2 Tbsp. honey
- 2 Tbsp. olive oil or vegetable oil
- 4 tsp. curry powder
- ½ tsp. salt



TEX-MEX MARINADE

- ¼ cup red wine vinegar
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1½ tsp. crushed dried oregano
- 1 tsp. chili powder
- ½ tsp. ground cumin
- ¼ tsp. salt



MOROCCAN MARINADE

- ½ cup lemon juice
- ½ cup finely chopped onion
- 2 Tbsp. water
- 1 Tbsp. ground cumin
- 1 Tbsp. ground coriander
- 1 Tbsp. honey
- 6 cloves garlic, minced
- 1 tsp. ground turmeric
- ½ tsp. crushed red pepper



JERK MARINADE

- ¼ cup pineapple juice
- 2 Tbsp. olive oil
- 1 Tbsp. Jamaican jerk seasoning
- 1 Tbsp. minced garlic
- ¼ tsp. salt
- Dash crushed red pepper (optional)



ASIAN MARINADE

- ½ cup beef broth
- ⅓ cup hoisin sauce
- ¼ cup soy sauce
- ¼ cup sliced green onion
- 3 Tbsp. apple or orange juice
- 1 Tbsp. sugar
- 4 cloves garlic, minced
- 1 tsp. grated fresh ginger



RUBS

Mix ingredients, then sprinkle over meat, poultry, and fish. Massage rub into meat. Let stand 15 minutes before cooking.

1

CAJUN RUB

- 1 Tbsp. white pepper
- 1 Tbsp. black pepper
- 2 tsp. cayenne pepper
- 2 tsp. crushed dried thyme
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 1 tsp. salt

2

MUSTARD-PEPPERCORN RUB

- 2 Tbsp. coarse-ground brown mustard
- 1 Tbsp. cracked black pepper
- 1 Tbsp. chopped fresh farragon
- 1 Tbsp. olive oil
- 2 tsp. coarse salt

3

CHILI RUB

- 2 Tbsp. paprika
- 2 tsp. ground cumin
- 2 tsp. chili powder
- 1 tsp. salt
- 1 tsp. coriander
- 1 tsp. black pepper
- ½ tsp. cayenne pepper

4

JAMAICAN JERK RUB

- 1 Tbsp. onion powder
- 1 Tbsp. packed brown sugar
- 1 Tbsp. crushed dried thyme
- 1½ tsp. salt
- 1½ tsp. ground allspice
- 1 tsp. cracked black pepper
- ½ tsp. ground nutmeg
- ½ tsp. ground cinnamon
- ½ tsp. ground cloves
- ¼ tsp. cayenne pepper

5

FRESH HERB RUB

- ½ cup chopped fresh basil
- 3 Tbsp. chopped fresh thyme
- 1 Tbsp. chopped fresh rosemary
- 1 Tbsp. chopped fresh mint
- 3 cloves garlic, minced
- 3 Tbsp. olive oil
- ½ tsp. salt
- ½ tsp. black pepper

6

BBQ RUB

- ¼ cup barbecue seasoning
- 2 Tbsp. garlic powder
- 2 tsp. onion salt
- 1 tsp. ground celery seeds
- ½ tsp. cayenne pepper

WET RUBS

Wet rubs contain melted butter or oil (or other liquids). The moisture helps the rub adhere to the meat and keeps the meat moist. Turn a dry rub into a wet rub by stirring in 2 to 3 Tbsp. melted butter or oil. Rub or brush on meat, poultry, and fish before cooking.





CHICKEN AND WILD RICE
CASSEROLE
Recipe on page 54

A decorative border at the top of the page featuring a red and white checkered pattern.

CASSEROLES

Yes, this comfort-food favorite can be quick to fix. These recipes have short prep times—then you can relax while they bubble and bake.



FOUR-CHEESE MACARONI AND CHEESE

HANDS-ON TIME 30 minutes

BAKE 20 minutes at 350°F

- 5½ cups dried cavatappi or corkscrew-shape pasta (16 oz.)
- 1 recipe Basic White Sauce
- 2 cups shredded Gouda cheese (8 oz.)
- 1 cup shredded sharp cheddar cheese (4 oz.)
- 1 cup shredded Swiss cheese (4 oz.)
- ½ cup grated Parmesan cheese
- ½ cup panko bread crumbs
- 1 Tbsp. butter, melted

1. Preheat oven to 350°F. Lightly grease a 2½- to 3-qt. baking dish. Bring a large pot of lightly salted water to boiling. Add pasta and cook according to package directions. Drain and return to the warm pot.

2. Meanwhile, prepare Basic White Sauce. Add Gouda, cheddar, Swiss, and ¼ cup of the Parmesan cheese to the sauce, whisking until cheeses melt and sauce is smooth. Add the cheese sauce to cooked pasta; stir to coat. Transfer mixture to prepared dish.

3. In a bowl combine the panko, melted butter, and remaining ¼ cup Parmesan cheese. Sprinkle panko mixture over pasta mixture. Bake 20 to 25 minutes or until crumbs are golden.

Makes 6 servings (1½ cups each).

EACH SERVING 744 cal, 35 g fat (21 g sat. fat), 114 mg chol, 911 mg sodium, 70 g carb., 3 g fiber, 8 g sugars, 35 g pro.

CAULIFLOWER MACARONI AND CHEESE

Preheat oven to 400°F. Line a 15×10-inch baking pan with parchment paper. In a bowl toss 4 to 5 cups cauliflower florets with 2 tsp. oil and ¼ tsp. salt; transfer to pan. Roast 30 minutes or until tender and browned, stirring once. Reduce oven to

350°F. Prepare Four-Cheese Macaroni and Cheese as directed, except reduce pasta to 8 oz.; add cauliflower with cheese sauce in Step 2.

BACON-BLUE CHEESE MACARONI AND CHEESE Prepare as directed, except stir 3 slices crisp-cooked, drained, and crumbled bacon and ¼ cup crumbled blue cheese (1 oz.) into panko mixture before sprinkling over pasta mixture. If desired, top with additional blue cheese and bacon before serving.

BUTTERNUT SQUASH MACARONI AND CHEESE Prepare as directed, except preheat oven to 450°F. Coat a 15×10-inch baking pan with nonstick cooking spray. Toss 1½ lb. butternut squash, peeled, seeded, and cut into 1-inch cubes, with 2 Tbsp. olive oil. Roast, uncovered, 25 minutes or until tender, stirring occasionally. Add squash with cheese sauce in Step 2.

BASIC WHITE SAUCE In a 3-qt. saucepan melt 3 Tbsp. butter over medium heat. Stir in 3 Tbsp. all-purpose flour, ½ tsp. salt, and ½ tsp. black pepper. Gradually whisk in 2½ cups milk. Cook, whisking constantly, until thickened and bubbly. Cook and whisk 2 minutes more. Remove from heat.



Whisk the roux—a mixture of equal parts melted butter and flour—until bubbly and just golden. This allows the butter to coat the flour particles, which prevents clumps from forming when the milk is added.



Whisk the cold milk into the roux. Using cold milk allows flour particles to stay suspended—again preventing clumps. Warm milk may cause clumping because the particles warm up before they are able to disperse.



Cook and stir until you see bubbles start to break across the surface. The sauce will thicken as the heat expands the flour particles. Cook 2 minutes more to fully cook the flour.

STOVE TOP TO TABLETOP

If you're short on time (or just want extra-creamy mac and cheese), skip the oven. Omit the baking dish and crumb mixture in Step 3; dive in after stirring everything together.



CHEESEBURGER AND FRIES
CASSEROLE

CHEESEBURGER AND FRIES CASSEROLE

HANDS-ON TIME 20 minutes

BAKE 40 minutes at 400°F

- 1½ lb. lean ground beef
- ¾ cup chopped green sweet pepper
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 14.5-oz. can petite diced tomatoes, undrained
- ½ cup water
- 1 6-oz. can tomato paste
- 1 Tbsp. Worcestershire sauce
- 1 10.75-oz. can condensed cheddar cheese soup
- ½ cup sour cream
- ½ of a 28-oz. pkg. frozen french fries with rosemary or regular french fries (about 4 cups)

Assorted toppers, such as ketchup, pickle slices, yellow mustard, onion, and/or cut-up cherry tomatoes (optional)

1. Preheat oven to 400°F. In a 12-inch skillet cook ground beef, sweet pepper, onion, and garlic over medium heat until meat is browned and vegetables are tender. Drain fat; discard. Stir undrained tomatoes, the water, tomato paste, and Worcestershire sauce into beef mixture. Bring to boiling; remove from heat.

2. Spoon beef mixture into the bottom of an ungreased 3-qt. rectangular baking dish. In a medium bowl stir together soup and sour cream; spread over meat mixture in baking dish. Place fries over top of soup mixture.

3. Bake, uncovered, 40 minutes or until heated through and potatoes are lightly browned and beginning to crisp. If desired, serve with assorted toppers.

Makes 6 servings (1 cup each).

EACH SERVING 420 cal., 20 g fat (8 g sat. fat), 85 mg chol., 978 mg sodium, 33 g carb., 4 g fiber, 8 g sugars, 28 g pro.

SPAGHETTI PIE

HANDS-ON TIME 30 minutes

BAKE 20 minutes at 350°F

- 4 oz. dried spaghetti
- 1 Tbsp. butter
- 1 egg, beaten
- ¼ cup grated Parmesan cheese
- 8 oz. lean ground beef or bulk Italian sausage
- 2 cups sliced fresh button mushrooms
- ½ cup chopped onion
- ½ cup chopped green sweet pepper
- 2 cloves garlic, minced
- 1 8-oz. can tomato sauce
- 1 tsp. dried oregano, crushed
- Nonstick cooking spray
- 1 cup cottage cheese, drained
- ½ cup shredded mozzarella cheese (2 oz.)

1. Preheat oven to 350°F. Cook spaghetti according to package directions; drain. Return spaghetti to warm saucepan. Stir butter into hot pasta until melted. Stir in egg and Parmesan cheese.

2. Meanwhile, in a 10-inch skillet cook beef, mushrooms, onion, sweet pepper, and garlic until meat is browned and onion and mushrooms are tender; drain. Stir in tomato sauce and oregano; heat through.

3. Coat a 9-inch pie plate with cooking spray. Press spaghetti mixture onto bottom and up sides of pie plate, forming a crust. Spread cottage cheese over bottom and up the crust. Top with meat mixture, then cheese.

4. Bake 20 to 25 minutes or until bubbly and heated through. Cut into six wedges. If desired, sprinkle with small fresh basil leaves. **Makes 6 servings (1 wedge each).**

EACH SERVING 270 cal., 11 g fat (6 g sat. fat), 76 mg chol., 500 mg sodium, 20 g carb., 1 g fiber, 3 g sugars, 21 g pro.

SPAGHETTI PIE



HEARTY CASSOULET. THIS TRADITIONAL FRENCH DISH OF WHITE BEANS SIMMERED WITH A MIX OF MEATS AND VEGGIES IN A RICH, SAVORY SAUCE DEFINES COMFORT FOOD. TO KEEP THE SIMMER TIME SHORT, THIS WEEKNIGHT VERSION USES PORK TENDERLOIN.

PORK CASSOULET

HANDS-ON TIME 30 minutes

BAKE 25 minutes at 350°F

- 1 Tbsp. olive oil
- ½ cup chopped onion
- ½ cup chopped carrot
- ½ cup thinly sliced celery
- 1 lb. pork tenderloin, trimmed and cut into 1-inch pieces
- 6 oz. smoked turkey sausage, thinly sliced
- 2 15- to 16-oz. cans reduced-sodium Great Northern beans, rinsed and drained
- ⅔ cup chopped roma tomatoes
- ½ cup reduced-sodium chicken broth
- 2 Tbsp. tomato paste
- 1 Tbsp. white wine vinegar
- 1 tsp. dried Italian seasoning, crushed
- 2 Tbsp. snipped fresh parsley

1. Preheat oven to 350°F. In an oven-safe 3- to 4-qt. Dutch oven heat oil over medium heat. Add onion, carrot, and celery; cook 5 minutes, stirring occasionally. Add pork and sausage; cook 5 minutes more or until browned.

2. Mash half of the beans. Stir mashed beans, remaining beans, and next five ingredients (through Italian seasoning) into meat mixture.

3. Cover; bake 25 minutes or until pork is tender. Sprinkle with parsley. Season with *salt* and *black pepper*.

Makes 4 servings (1½ cups each).

EACH SERVING 417 cal., 10 g fat (2 g sat. fat), 96 mg chol., 938 mg sodium, 39 g carb., 10 g fiber, 4 g sugars, 43 g pro.

BAKED RISOTTO WITH SAUSAGE AND ARTICHOKES

HANDS-ON TIME 40 minutes

BAKE 1 hour 10 minutes at 350°F

STAND 5 minutes

- 1 lb. bulk Italian sausage
- 1 cup chopped fennel bulb
- ½ cup chopped onion
- 2 cloves garlic, minced
- ¾ cup uncooked Arborio or long grain rice
- 2 9-oz. pkg. frozen artichoke hearts, thawed, drained, and halved
- 1 cup coarsely shredded carrots
- 2 tsp. chopped fresh thyme or ½ tsp. dried thyme, crushed
- ½ tsp. black pepper
- 2 cups chicken broth
- ⅓ cup dry white wine or chicken broth
- ½ cup panko bread crumbs or soft bread crumbs
- ¼ cup finely shredded Asiago or Parmesan cheese
- 1 Tbsp. butter, melted
- ½ tsp. lemon zest

1. Preheat oven to 350°F. In a 12-inch skillet cook and stir sausage, fennel, onion, and garlic over medium-high heat until vegetables are tender but not browned. Drain fat; discard. Add rice; cook and stir 1 minute more.



2. Add artichoke hearts, carrots, thyme, and pepper. Stir in broth and wine. Bring just to boiling. Transfer to a 2½-qt. casserole. Bake, covered, about 60 minutes or until rice is tender, stirring once.

3. Meanwhile, in a bowl combine panko, cheese, butter, and lemon zest. Uncover casserole and top with crumb mixture. Bake, uncovered, 10 minutes more. Let stand 5 minutes before serving. If desired, top with *fennel fronds*. **Makes 6 servings (1½ cups each).**

EACH SERVING 476 cal., 28 g fat (11 g sat. fat), 68 mg chol., 1,038 mg sodium, 36 g carb., 8 g fiber, 3 g sugars, 17 g pro.



PORK CASSOULET



CLASSIC BEEF ENCHILADAS

CLASSIC BEEF ENCHILADAS

HANDS-ON TIME 25 minutes

BAKE 30 minutes at 375°F

STAND 10 minutes

- 1 recipe Easy Enchilada Sauce or one 28-oz. can enchilada sauce
- 1 lb. lean ground beef
- 2 cloves garlic, minced
- 1 fresh jalapeño chile pepper, seeded, if desired, and finely chopped (optional) (tip, p. 28)
- ½ tsp. ground cumin
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 cups shredded Monterey Jack cheese (8 oz.)
- ½ cup sliced green onions
- 12 6- to 7-inch corn tortillas

1. Preheat oven to 375°F. Lightly grease a 3-qt. rectangular baking dish.

Prepare Easy Enchilada Sauce, if using.

2. For filling, in a 10-inch skillet cook beef until browned; drain. Stir in garlic, jalapeño (if desired), cumin, salt, and black pepper. Cook and stir over medium heat 2 minutes. Transfer to a bowl; cool 5 minutes. Stir in 1 cup of the cheese and the green onions.

3. Spoon ½ cup filling into each tortilla; roll up. Place filled tortillas, seam sides down, in prepared baking dish. Pour on sauce evenly.

4. Bake 25 to 30 minutes or until heated through and bubbly around the edges. Sprinkle with remaining cheese. Bake 5 minutes more or until cheese melts. Let stand 10 minutes before serving. If desired, top with *pico de gallo*.

Makes 6 servings (2 enchiladas each).

EASY ENCHILADA SAUCE In a 2-qt. saucepan heat 2 Tbsp. vegetable oil over medium heat. Stir in 2 Tbsp. all-purpose flour; cook and stir 2 minutes. Add 2 Tbsp. chili powder, ½ tsp. ground cumin, and ½ tsp. garlic powder. Cook and stir 30 seconds more. Add one 15-oz. can tomato sauce and one 14.5-oz. can reduced-sodium chicken broth; whisk until smooth. Cook and stir

over medium-high heat until boiling. Reduce heat; simmer 1 minute. Season to taste with salt, black pepper, and, if desired, hot sauce.

EACH SERVING 452 cal., 25 g fat (10 g sat. fat), 82 mg chol., 1,051 mg sodium, 29 g carb., 5 g fiber, 5 g sugars, 29 g pro.

BEEF BOURGUIGNONNE CASSEROLE

HANDS-ON TIME 25 minutes

BAKE 20 minutes at 375°F

Nonstick cooking spray

- ¼ cup butter
- 1½ cups coarsely chopped carrots
- 1½ cups coarsely chopped celery
- 1 cup frozen small whole onions, thawed and halved
- ½ tsp. black pepper
- 3 cups sliced fresh mushrooms (8 oz.)
- 1 cup Burgundy or dry red wine
- 1 Tbsp. stone-ground Dijon mustard
- 4 cloves garlic, minced
- 2 tsp. finely chopped fresh rosemary
- 2 tsp. dried thyme, crushed
- 2 17-oz. pkg. refrigerated cooked beef tips with gravy

- 1 cup reduced-sodium beef broth
- 3 croissants, halved lengthwise

1. Preheat oven to 375°F. Coat a 3-qt. rectangular baking dish with cooking spray; set aside.

2. In a 12-inch skillet melt 3 Tbsp. of the butter over medium heat. Add carrots, celery, onions, and pepper. Cook 7 to 9 minutes or just until tender, stirring occasionally. Remove from heat. Add next six ingredients (through thyme). Return to heat. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Stir in beef with gravy and broth; heat through. Cover; keep warm.

3. Microwave the remaining 1 Tbsp. butter on 70% power (medium-high) about 30 seconds or until melted. Brush cut sides of croissants with melted butter; cube croissants. Transfer meat mixture to prepared baking dish. Top with cubed croissants. Bake, uncovered, 20 to 25 minutes or bubbly and golden. **Makes 8 servings (1 cup each).**

EACH SERVING 330 cal., 16 g fat (8 g sat. fat), 77 mg chol., 885 mg sodium, 21 g carb., 3 g fiber, 8 g sugars, 21 g pro.



BEEF BOURGUIGNONNE CASSEROLE

SHRIMP FONDUE CASSEROLE

HANDS-ON TIME 25 minutes

BAKE 35 minutes at 350°F

Nonstick cooking spray

- 3 cups dried elbow macaroni (12 oz.)
- 3 cups shredded Swiss cheese (12 oz.)
- 2½ cups shredded Gruyère cheese (10 oz.)
- 5 Tbsp. all-purpose flour
- 3 cloves garlic, minced
- 2 cups chicken broth
- ¾ cup dry white wine
- 12 oz. fresh or frozen peeled, deveined uncooked small shrimp, halved lengthwise or chopped
- 1½ tsp. seafood seasoning
- 8 oz. Swiss cheese, cubed
- ¾ cup crushed saltine crackers
- 3 Tbsp. butter, cut up
- ½ cup sliced green onions

1. Preheat oven to 350°F. Coat a 3-qt. casserole dish with cooking spray. Cook macaroni according to package directions; drain. Return to pan; cover.
2. Meanwhile, in a large bowl combine shredded Swiss cheese, Gruyère

cheese, flour, and garlic. Toss to combine. In a 4-qt. saucepan heat broth and wine over medium heat just until bubbles form around edges of pan. Add cheese mixture, 1 cup at a time, whisking constantly after each addition until cheese melts. (Mixture may not be completely smooth at this point.) Do not boil. Remove from heat. Stir in shrimp and seafood seasoning.

3. Pour cheese mixture over macaroni; stir gently. Fold in cubed Swiss cheese; spoon into prepared casserole. Sprinkle with crushed crackers; dot with butter.

4. Bake, uncovered, 35 to 40 minutes or until bubbly. Sprinkle with green onions. **Makes 10 servings (1 cup each).**

EACH SERVING 607 cal., 31 g fat (18 g sat. fat), 145 mg chol., 596 mg sodium, 41 g carb., 2 g fiber, 2 g sugars, 37 g pro.

CHEESE FONDUE CASSEROLE

Prepare as directed, except omit shrimp, seafood seasoning, and green onions. Season to taste with salt and black pepper in Step 2.

EACH SERVING 568 cal., 30 g fat (18 g sat. fat), 93 mg chol., 603 mg sodium, 41 g carb., 2 g fiber, 2 g sugars, 30 g pro.

OUT OF MACARONI? MACARONI IS JUST ONE CHOICE FOR THE PASTA. LOOK THROUGH YOUR CUPBOARDS AND SUB ANY SHAPE OF MEDIUM-SIZE PASTA YOU HAVE ON HAND.







CLASSIC SHEPHERD'S PIE

HANDS-ON TIME 25 minutes
BAKE 20 minutes at 350°F

- 2¼ lb. russet potatoes, peeled and cut up
- ¼ cup sour cream
- ¼ to ½ cup milk
- 2 lb. ground lamb and/or beef
- ½ cup chopped onion
- ½ tsp. dried thyme, crushed
- 3 Tbsp. all-purpose flour
- 3 Tbsp. tomato paste
- 2¼ cups reduced-sodium chicken broth
- 2 tsp. Worcestershire sauce
- 1 16-oz. pkg. frozen mixed vegetables

1. Preheat oven to 350°F. In a covered 4-qt. saucepan cook potatoes in enough boiling, lightly salted water to cover 15 to 20 minutes or until tender; drain. Mash potatoes. Stir in sour cream, ½ tsp. salt, and enough milk to reach desired consistency.

2. Meanwhile, in a 12-inch skillet cook lamb, onion, and thyme over medium-high heat until meat is browned. Drain off excess fat. Add flour. Cook

and stir over medium heat 1 minute. Stir in tomato paste. Stir in broth and Worcestershire sauce. Bring to boiling; reduce heat and simmer, uncovered, 5 minutes. Stir in frozen vegetables, ½ tsp. salt, and ¼ tsp. black pepper.

3. Transfer meat mixture to a 3-qt. rectangular baking dish. Spread mashed potatoes over meat mixture. Bake 20 to 25 minutes or until heated through and bubbly around the edges. If desired, sprinkle with *snipped fresh parsley*. **Makes 6 servings (2 cups each).**

EACH SERVING 571 cal, 31 g fat (13 g sat. fat), 109 mg chol., 799 mg sodium, 40 g carb., 6 g fiber, 4 g sugars, 33 g pro.

CHEESY BARBECUE PORK SHEPHERD'S PIE

Prepare as directed, except add ½ cup shredded cheddar cheese to the potato mixture. Substitute ground pork for the lamb and omit the thyme. Add ½ cup barbecue sauce with tomato paste. Reduce broth to 1¾ cups.

TURKEY-SWEET POTATO SHEPHERD'S PIE

Prepare as directed, except substitute sweet potatoes for the russet potatoes, omit milk, and substitute ground turkey for the ground lamb.

CHICKEN-TORTELLINI CASSEROLE

HANDS-ON TIME 30 minutes
BAKE 25 minutes at 350°F

- 2 9-oz. pkg. refrigerated whole wheat cheese-filled tortellini
- 8 oz. fresh haricots verts or green beans, trimmed and halved crosswise
- 8 oz. fresh cremini or button mushrooms, thinly sliced
- 1 medium onion, thinly sliced
- 2 Tbsp. olive oil
- 3 cups coarsely shredded cooked chicken breast (about 1 lb.)
- 1 12-oz. jar roasted red sweet peppers, undrained
- ¾ cup dried tomato pesto
- ¼ tsp. crushed red pepper
- ½ cup finely shredded Parmesan cheese
- ½ cup shredded fresh basil

1. Preheat oven to 350°F. In a 4-qt. Dutch oven cook tortellini according to package directions, adding haricots verts the last 4 minutes of cooking. Drain and return to pan.

2. Meanwhile, in a 10-inch skillet cook mushrooms and onion in hot oil over medium heat 6 to 8 minutes or until tender and lightly browned, stirring occasionally.

3. Add mushroom mixture and chicken to pasta mixture. Toss to coat. Place peppers in a blender. Cover and blend until smooth. Stir in pesto and crushed red pepper. Add to pasta mixture; toss to coat. Spread mixture in a 3-qt. rectangular baking dish.

4. Cover and bake 20 minutes. Uncover; top with cheese. Bake, uncovered, about 5 minutes more or until cheese is melted. Top with basil just before serving. **Makes 8 servings (1½ cups each).**

EACH SERVING 387 cal, 15 g fat (4 g sat. fat), 80 mg chol., 649 mg sodium, 37 g carb., 7 g fiber, 6 g sugars, 26 g pro.



CHICKEN-TORTELLINI
CASSEROLE



UPSIDE-DOWN PIZZA CASSEROLE

HANDS-ON TIME 20 minutes

BAKE 20 minutes at 400°F

- 1 lb. lean ground beef or bulk Italian sausage
- 1 5-oz. pkg. miniature pepperoni slices or one 6-oz. pkg. chopped pepperoni
- 1½ cups sliced fresh mushrooms
- ¾ cup chopped green sweet pepper
- 1 15-oz. can tomato sauce with Italian seasonings
- 1 2.25-oz. can sliced pitted ripe olives, drained
- 1½ cups shredded mozzarella cheese or shredded Italian-blend cheeses (6 oz.)
- 1 7.75- to 10-oz. pkg. refrigerated biscuits (10 biscuits)

1. Preheat oven to 400°F. In a 10-inch skillet cook beef, pepperoni slices, mushrooms, and sweet pepper until beef is browned. Drain fat; discard. Stir in tomato sauce and olives. Heat through. Stir in 1 cup of the cheese. Transfer meat mixture to a 2-qt. baking dish.

2. Cut biscuits into wedges. Arrange biscuits around the edges of the baking dish. Sprinkle with remaining ½ cup cheese. Bake about 20 minutes or until biscuits are light brown, covering with foil the last 5 minutes to prevent overbrowning. **Makes 6 servings (1 cup each).**

EACH SERVING 456 cal., 27 g fat (12 g sat. fat), 96 mg chol., 1,442 mg sodium, 23 g carb., 2 g fiber, 4 g sugars, 30 g pro.



CRISPY CRUST UPSIDE-DOWN PIZZA CASSEROLE Prepare as directed, except omit biscuits. Unroll one 13.8-oz. pkg. refrigerated pizza crust. Arrange crust over hot mixture in dish. Fold edges under and pinch to seal along edge of baking dish. Cut 1-inch slits in the crust. Brush with milk; top with Parmesan cheese. Bake as directed.



GARLIC ROLL UPSIDE-DOWN PIZZA CASSEROLE Prepare as directed, except omit biscuits. Thaw 6 frozen roll dough balls, snip into quarters, and toss in 2 Tbsp. melted butter. Add 2 Tbsp. grated Parmesan cheese and ¼ tsp. garlic powder; toss to coat. Scatter over mixture. Bake as directed.



BREADSTICK UPSIDE-DOWN PIZZA CASSEROLE Prepare as directed, except omit biscuits. Unroll one 11-oz. pkg. refrigerated breadsticks. Brush with 2 Tbsp. melted butter and sprinkle with 1 tsp. dried oregano. Separate, twist, and arrange over hot mixture in dish. Bake as directed.

MAKE IT, THEN FREEZE IT

Most casseroles are freezer-friendly, but steer clear of baked egg dishes and casseroles with flour- or cornstarch-thickened sauces. And do not use foil or foil pans with tomato-base casseroles.

PAN PREP

Line a baking dish that is both oven- and freezer-safe with foil or parchment paper.



PUT IT TOGETHER

Assemble the casserole in the prepped dish, but don't bake. Cover with foil; freeze overnight. Once frozen, lift casserole and foil lining out of dish; place in a freezer bag. Freeze up to 3 months.

SHOWTIME!

Remember that thawing takes 24 hours or longer. To thaw, remove foil lining from casserole; place in original baking dish. Cover; thaw in the fridge up to 2 days; bake as directed. Or cover and bake the frozen casserole at 325°F for twice its normal baking time or until 160°F.

SIZE CHECK. USE THE RECOMMENDED-SIZE BAKING DISH TO PREVENT BUBBLING OVER. CHECK A DISH'S CAPACITY BY FILLING IT WITH WATER, A QUART AT A TIME. RIGHT-SIZE DISH NOT AVAILABLE? OPT FOR A DISH WITH LARGER VOLUME.

CHICKEN AND WILD RICE CASSEROLE

Photo on p. 38

HANDS-ON TIME 20 minutes

BAKE 35 minutes at 350°F

- 2 stalks celery, sliced
- 1 small onion, chopped
- 2 Tbsp. butter
- 1 10.75-oz. can reduced-fat and reduced-sodium condensed cream of chicken soup
- ½ cup sour cream
- ⅓ cup dry white wine or chicken broth
- ½ tsp. dried basil, crushed
- 2 cups shredded cooked chicken or turkey
- 2 8.8-oz. pouches cooked long grain and wild rice
- 1 cup vegetables, such as packaged shredded carrots and/or frozen whole kernel corn
- ⅓ cup finely shredded Parmesan cheese

1. Preheat oven to 350°F. In a 10-inch skillet cook celery and onion in hot butter over medium heat 5 minutes or until tender. Stir in soup, sour cream, wine, and basil. Stir in chicken, rice, and vegetables.

2. Transfer mixture to an ungreased 2-qt. rectangular baking dish. Sprinkle with cheese. Bake, uncovered, about 35 minutes or until heated through.

Makes 6 servings (1 cup each).

INDIVIDUAL CASSEROLES

If desired, spoon mixture into six 10-oz. small casserole dishes or ramekins.

Bake 25 to 30 minutes or until heated through. Or, if desired, wrap, label, and freeze up to 3 months. Thaw overnight in the refrigerator. Bake as directed.

EACH SERVING 345 cal., 14 g fat (6 g sat. fat), 67 mg chol., 827 mg sodium, 32 g carb., 2 g fiber, 5 g sugars, 19 g pro.

CHICKEN ENCHILADA VERDE CASSEROLE

HANDS-ON TIME 30 minutes

BAKE 45 minutes at 375°F

STAND 10 minutes

- 3 cups shredded cooked chicken
- 1 8-oz. pkg. cream cheese, cut up and softened
- 1 4-oz. can chopped green chiles, undrained
- ½ cup chopped green onions
- 1 recipe Verde Sauce or one 28-oz. can green enchilada sauce
- 16 6-inch corn tortillas, halved
- 2 cups frozen whole kernel corn, thawed
- 2 15-oz. cans no-salt-added black beans, rinsed and drained
- 2 cups shredded Colby and Monterey Jack cheese or cheddar cheese (8 oz.)
- 2 avocados, halved, seeded, peeled, and chopped
- Chopped fresh cilantro

1. Preheat oven to 375°F. Lightly grease a 3-qt. rectangular baking dish. In a large bowl combine chicken, cream cheese, green chiles, and green onions.

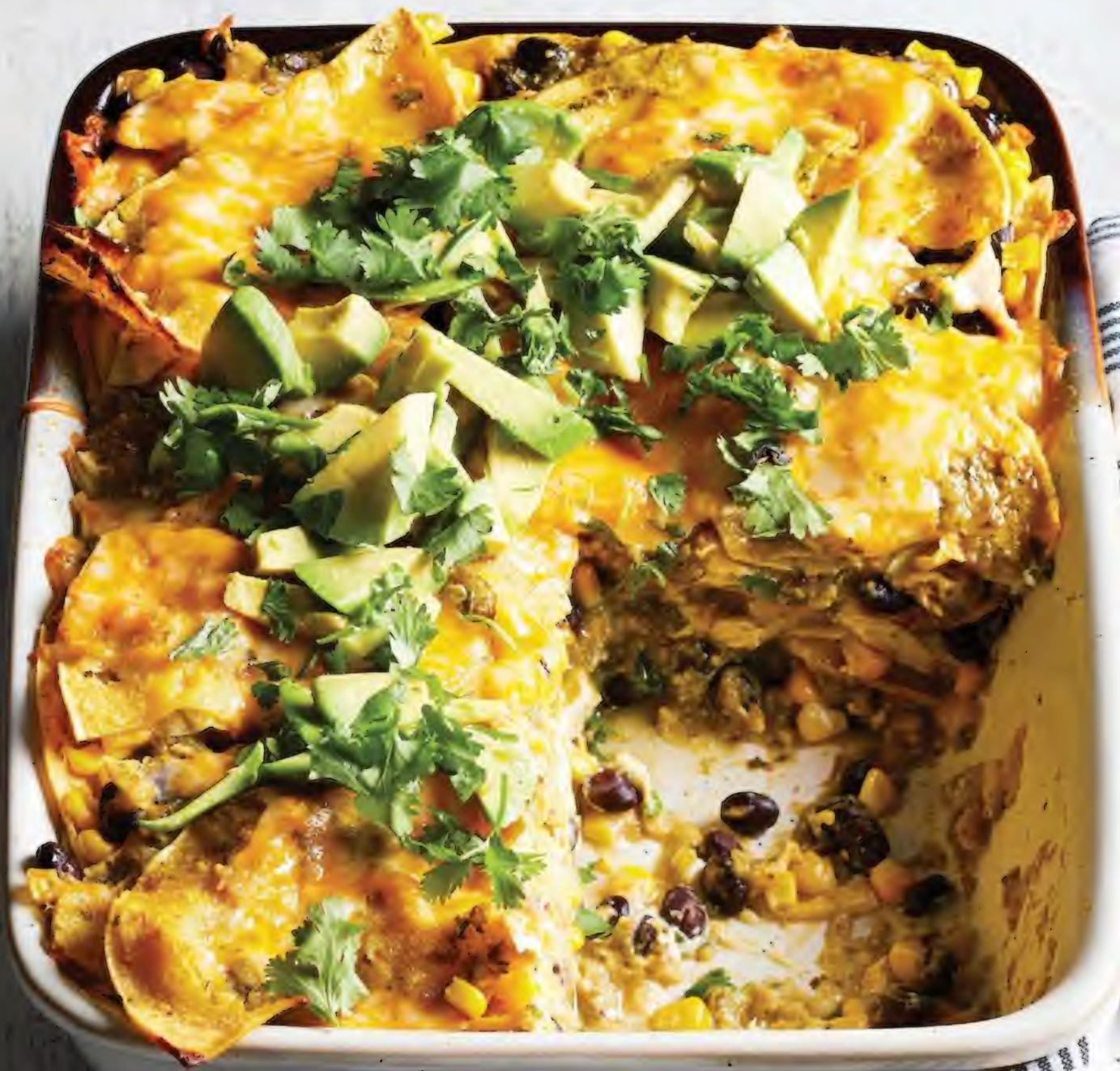
2. Spread about ⅔ cup Verde Sauce in the prepared baking dish. Arrange 8 tortilla halves over sauce. Sprinkle with about one-third of the corn and one-third of the black beans. Spoon about one-third of the chicken mixture evenly over layers. Top with ⅔ cup of the sauce and ½ cup of the cheese. Repeat layers two more times. Top with remaining tortillas. Top with remaining sauce.

3. Cover with foil and bake about 35 minutes or until bubbly around the edges. Top with the remaining cheese. Bake, uncovered, 10 minutes more or until cheese is melted. Let stand 10 minutes. Top with avocados and chopped fresh cilantro.

Makes 12 servings (1 cup each).

VERDE SAUCE In a blender combine two 15- to 16-oz. jars salsa verde; ¾ cup loosely packed fresh cilantro; 2 cloves garlic, peeled and halved; 4 green onions, cut up; and ½ tsp. ground cumin. Pulse until combined and nearly smooth.

EACH SERVING 415 cal., 21 g fat (8 g sat. fat), 67 mg chol., 673 mg sodium, 37 g carb., 9 g fiber, 6 g sugars, 23 g pro.



CHICKEN ENCHILADA VERDE
CASSEROLE

SAY CHEESE!

It's easy to make a cheesy version of this classic casserole. Just add 1 cup cheddar cheese cubes (4 oz.) with the tuna.

TUNA NOODLE
CASSEROLE

TUNA NOODLE CASSEROLE

HANDS-ON TIME 30 minutes

BAKE 25 minutes at 375°F

STAND 5 minutes

- 3 cups dried wide egg noodles (about 5 oz.)
- 1 cup chopped celery
- ¾ cup chopped red sweet pepper
- ¼ cup chopped onion
- ¼ cup butter
- ¼ cup all-purpose flour
- ½ tsp. salt
- ¼ tsp. black pepper
- 2½ cups milk
- 1 to 2 Tbsp. Dijon mustard
- 1 12-oz. can chunk water-pack white tuna, drained and broken into chunks, or two 5-oz. pouches chunk light tuna in water
- ½ cup panko bread crumbs or soft bread crumbs
- ¼ cup grated Parmesan cheese
- 1 Tbsp. chopped fresh parsley
- 1 Tbsp. butter, melted

1. Preheat oven to 375°F. Lightly grease a 1½-qt. casserole. In a 3- or 4-qt. saucepan cook noodles according to package directions. Drain; return noodles to pan.

2. Meanwhile, for sauce, in a 2-qt. saucepan cook celery, sweet pepper, and onion in ¼ cup hot butter over medium heat 8 to 10 minutes or until tender. Stir in flour, salt, and black pepper. Add milk; cook and stir until thickened and bubbly. Stir in mustard. Gently fold sauce and tuna into cooked noodles. Transfer noodle mixture to prepared casserole.

3. In a bowl combine panko, cheese, parsley, and 1 Tbsp. melted butter; sprinkle over noodle mixture. Bake, uncovered, 25 to 30 minutes or until heated through. Let stand 5 minutes before serving. **Makes 4 servings (1½ cups each).**

EACH SERVING 495 cal., 23 g fat (12 g sat. fat), 115 mg chol., 1,040 mg sodium, 42 g carb., 3 g fiber, 10 g sugars, 33 g pro.



CHICKEN TETRAZZINI

CHICKEN TETRAZZINI

HANDS-ON TIME 30 minutes

BAKE 15 minutes at 350°F

- 8 oz. dried spaghetti or linguine
- 2 cups sliced fresh mushrooms
- ½ cup sliced green onions
- 2 Tbsp. butter
- ¼ cup all-purpose flour
- ¼ tsp. black pepper
- ¼ tsp. ground nutmeg
- 1¼ cups chicken broth
- 1¼ cups half-and-half or milk
- 2 cups chopped cooked chicken or cooked turkey
- 2 Tbsp. dry sherry or milk
- ¼ cup grated Parmesan cheese
- ¼ cup sliced almonds, toasted (tip, p. 24)
- 2 Tbsp. fresh parsley leaves (optional)

1. Preheat oven to 350°F. Cook spaghetti according to package directions; drain.

2. Meanwhile, in a 4-qt. saucepan cook mushrooms and green onions in hot

butter over medium heat until tender. Stir in flour, pepper, and nutmeg. Add broth and half-and-half all at once.

Cook and stir until thickened and bubbly. Stir in chicken, sherry, and half of the Parmesan cheese. Add cooked spaghetti; stir gently to coat.

3. Transfer pasta mixture to a 2-qt. baking dish. Sprinkle with remaining Parmesan cheese and the almonds. Bake, uncovered, about 15 minutes or until heated through. If desired, sprinkle with parsley leaves before serving. **Makes 6 servings (1 cup each).**

CHICKEN AND VEGETABLE TETRAZZINI Prepare as directed, except add 8 oz. fresh asparagus, trimmed and cut into 1-inch pieces, or 1½ cups small fresh broccoli florets to the pasta water during the last minute of cooking.

EACH SERVING 421 cal., 21 g fat (9 g sat. fat), 82 mg chol., 630 mg sodium, 38 g carb., 2 g fiber, 3 g sugars, 21 g pro.

TANDOORI-SPICED CHICKEN
AND RICE BAKE



WHAT IS A TANDOORI SPICE? IT'S A TRADITIONAL INDIAN SEASONING BLEND OF AROMATIC CURRY-STYLE SPICES, MOST COMMONLY PUT TO USE IN CLASSIC TANDOORI CHICKEN.

TANDOORI-SPICED CHICKEN AND RICE BAKE

HANDS-ON TIME 25 minutes

COOK 15 minutes

BAKE 20 minutes at 350°F

Nonstick cooking spray

- 1 recipe Tandoori Spice Mixture
- 12 oz. skinless, boneless chicken breast halves, cut into thin strips
- 2 Tbsp. vegetable oil
- $\frac{2}{3}$ cup coarsely chopped green onions or white onion
- $\frac{1}{2}$ cup chopped red sweet pepper
- 1 fresh serrano chile pepper, seeded and chopped (tip, p. 28)
- 3 cloves garlic, thinly sliced
- 1 14.5-oz. can reduced-sodium chicken broth
- 1 14-oz. can unsweetened light coconut milk
- $\frac{3}{4}$ cup uncooked long grain rice
- $\frac{1}{4}$ cup tomato paste
- Fresh cilantro sprigs (optional)
- Lemon wedges (optional)

1. Preheat oven to 350°F. Lightly coat a 2-qt. rectangular baking dish with cooking spray.
2. In a bowl stir 2 tsp. of the Tandoori Spice Mixture into chicken to coat. In a 12-inch skillet heat 1 Tbsp. of the oil over medium-high heat. Add chicken; cook and stir 3 minutes or until chicken is cooked through. Remove from skillet.
3. In the same skillet heat the remaining 1 Tbsp. oil over medium heat. Add onions, sweet pepper, serrano pepper, and garlic; cook and stir 2 minutes. Stir in broth, coconut milk, rice, tomato

paste, and the remaining Tandoori Spice Mixture. Bring to boiling; reduce heat. Simmer, covered, 10 minutes. Uncover; simmer 5 minutes more or until slightly thickened. Stir in chicken.

4. Transfer chicken mixture to prepared baking dish. Bake, covered, about 20 minutes or until heated through and rice is tender. If desired, top with cilantro and/or lemon wedges before serving. **Makes 4 servings (1½ cups each).**

TANDOORI SPICE MIXTURE In a small bowl combine 1¼ tsp. curry powder, 1 tsp. garam masala, ½ tsp. ground ginger, ½ tsp. ground cumin, ½ tsp. ground coriander, ½ tsp. ground cardamom, ¼ tsp. salt, ½ tsp. ground cinnamon, and ¼ tsp. black pepper.

Makes 4½ tsp.

EACH SERVING 414 cal., 16 g fat (8 g sat. fat), 62 mg chol., 850 mg sodium, 39 g carb., 3 g fiber, 4 g sugars, 26 g pro.

CHICKEN-BACON ALFREDO POTATO CASSEROLE

HANDS-ON TIME 15 minutes

BAKE 50 minutes at 350°F

STAND 15 minutes

Nonstick cooking spray

- 6 slices bacon, chopped
- 2 14.5- to 15-oz. jars light Alfredo sauce
- $\frac{1}{2}$ cup sliced green onions
- $\frac{1}{4}$ cup chopped fresh parsley
- 1 tsp. dry mustard
- 2 cloves garlic, minced



- 1 32-oz. pkg. frozen fried potato nuggets
- 3 cups chopped cooked chicken
- $\frac{1}{2}$ cup finely shredded Parmesan cheese
- 1 cup grape tomatoes, halved

1. Preheat oven to 350°F. Coat a 3-qt. rectangular baking dish with cooking spray. In a 10-inch skillet cook bacon over medium heat until crisp; drain.
2. In an extra-large bowl combine Alfredo sauce, green onions, parsley, mustard, and garlic. Stir in bacon, potato nuggets, and chicken. Spoon into prepared baking dish. Sprinkle with cheese.

3. Bake, uncovered, about 50 minutes or until golden and bubbly. Let stand 15 minutes. Top with tomatoes and additional green onions.

Makes 8 servings (1½ cups each).

EACH SERVING 472 cal., 27 g fat (10 g sat. fat), 99 mg chol., 1,352 mg sodium, 34 g carb., 3 g fiber, 4 g sugars, 24 g pro.



GREEK FLAT IRON STEAKS
Recipe on page 66

A decorative border at the top of the page featuring a red and white checkered pattern.

MEAT, FISH & POULTRY

Pick your protein from an array of options, flavor-loaded with fresh vegetables, herbs, and seasonings.



MAKE IT A PARTY! WHEN YOU'RE SERVING A CROWD, MIX AND MATCH BEEF, CHICKEN, AND SHRIMP FAJITAS. SERVE WITH TOPPINGS, SALSAS, AND GUACAMOLE SO DINERS CAN MAKE THEIR OWN. SERVE FAJITAS STILL SIZZLING IN A PREHEATED CAST-IRON SKILLET OR GRILL PAN.

FAJITAS

HANDS-ON TIME 25 minutes

CHILL 30 minutes

- 12 oz. beef skirt or flank steak, cut into thin bite-size strips
- 1 recipe Fajita Seasoning
- 1 medium red or green sweet pepper, cut into thin strips
- 1 medium onion, thinly sliced and separated into rings
- 2 Tbsp. vegetable oil
- $\frac{3}{4}$ cup chopped tomato
- 1 Tbsp. lime juice
- 4 8-inch flour tortillas, warmed
- Toppers, such as salsa, guacamole, sour cream, and/or lime wedges

1. Sprinkle beef with 2 tsp. of the Fajita Seasoning; toss to coat. Cover and chill 30 minutes.

2. In a 12-inch skillet cook sweet pepper, onion, and the remaining seasoning in 1 Tbsp. of the oil over medium-high heat until pepper and onion are crisp-tender. Remove pepper mixture from skillet. Add the remaining 1 Tbsp. oil and the meat to the skillet. Cook and stir 2 to 3 minutes or until browned. Return pepper mixture to skillet. Stir in tomato. Cook until heated through. Remove from heat; stir in lime juice.

3. Fill warm tortillas with beef mixture. If desired, serve with salsa, guacamole, sour cream, and/or lime wedges.

Makes 4 servings (1 fajita each).

FAJITA SEASONING In a bowl combine $1\frac{1}{2}$ tsp. ground cumin; $\frac{1}{2}$ tsp. dried oregano, crushed; $\frac{1}{4}$ tsp. each salt, cayenne pepper, and black pepper; and $\frac{1}{8}$ tsp. each garlic powder and onion powder.

EACH SERVING 356 cal., 21 g fat (6 g sat. fat), 51 mg chol., 326 mg sodium, 21 g carb., 2 g fiber, 4 g sugars, 20 g pro.

CHICKEN FAJITAS Prepare as directed except substitute 12 oz. skinless, boneless chicken breast, cut into thin bite-size strips. Cook chicken until no longer pink.

SHRIMP FAJITAS Prepare as directed except substitute 20 to 25 large peeled and deveined shrimp. Cook shrimp until opaque.

TIP Beef skirt steak is the typical choice for beef fajitas; it's often only available at Mexican markets and specialty food stores. It has a coarser grain than flank steak and is more marbled. Both cuts should be thinly sliced across the grain (against the meat fibers) for maximum tenderness; cook over medium-high heat to get a good sear without overcooking.



SOUTHWESTERN BEEF KABOBS WITH ORZO SALAD

SOUTHWESTERN BEEF KABOBS WITH ORZO SALAD

HANDS-ON TIME 40 minutes

GRILL 8 minutes

- 4 tsp. chili powder
- 2 tsp. garlic salt
- 1 tsp. ground cumin
- 1 tsp. ground oregano
- 2 lb. boneless beef sirloin, cut into 1-inch cubes
- 1 recipe Orzo Salad
- Lime slices (optional)
- Fresh cilantro sprigs (optional)

1. If using wooden skewers, soak in water 30 minutes. In a resealable plastic bag combine chili powder, garlic salt, cumin, and oregano. Seal bag and shake to mix. Add beef cubes to bag. Seal bag and shake to coat. On eight 10-inch skewers thread meat, leaving a ¼-inch space between pieces.

2. Grill kabobs, covered, over medium heat 8 to 12 minutes or until desired doneness, turning once or twice (grilling tips, p. 22).

3. Serve beef kabobs with Orzo Salad. If desired, serve with lime slices and cilantro sprigs. **Makes 8 servings (1 kabob + 1 cup salad each).**

ORZO SALAD Cook ¾ cup dried orzo pasta according to package directions, adding 2 cups fresh corn kernels (4 ears) for the last minute of cooking. Drain orzo and corn in a colander; rinse with cold water. In a bowl combine orzo; corn; ¾ cup chopped orange or red sweet pepper; ½ cup grape tomatoes, halved; one 15- to 16-oz. can kidney beans, rinsed and drained; ½ cup thinly sliced red onion; and 1 small zucchini, halved lengthwise and sliced. For dressing, in a screw-top jar combine 1 tsp. lime zest; ¼ cup lime juice; 1 fresh jalapeño chile pepper, seeded and finely chopped (tip, p. 28); 2 Tbsp. each chopped fresh cilantro, olive oil, and honey; 3 cloves garlic, minced; and ½ tsp. salt. Cover and shake well. Pour dressing over orzo mixture; stir.

EACH SERVING 413 cal., 19 g fat (6 g sat. fat), 82 mg chol., 537 mg sodium, 34 g carb., 5 g fiber, 9 g sugars, 29 g pro.

SEARED STEAK WITH JALAPEÑO CHIMICHURRI

START TO FINISH 40 minutes

- 1½ to 1½ lb. beef flank steak
- Salt and black pepper
- 2 Tbsp. + 2 tsp. olive oil
- 2 fresh poblano chile peppers, seeded and cut lengthwise into ¾-inch-wide strips (tip, p. 28)
- 1 large red onion, cut into ½-inch wedges
- 1 medium yellow sweet pepper, cut lengthwise into ¾-inch-wide strips
- 1 cup loosely packed fresh cilantro leaves, coarsely chopped
- 1 fresh jalapeño chile pepper, seeded and chopped (tip, p. 28)
- 2 Tbsp. lime juice
- 1 tsp. dried oregano, crushed
- 1 clove garlic, minced

1. Season steak with salt and black pepper. Heat a heavy 12-inch skillet over medium-high heat. Add 1 Tbsp. of the oil. Add poblano peppers, onion, sweet pepper, and a large pinch of salt. Cook 5 minutes without stirring. Cook about 5 minutes more or until vegetables are lightly charred and tender, stirring once. Remove from skillet; keep warm.

2. Add the remaining 1 Tbsp. oil to the skillet. Add steak. Cook 12 to 15 minutes or until medium rare (145°F), turning once. Transfer steak to a cutting board. Cover; let stand 5 minutes.

3. Meanwhile, for chimichurri, in a small bowl combine the remaining ingredients and a small pinch of salt. Stir in the 2 Tbsp. oil. Slice steak; serve with vegetables and chimichurri. **Makes 4 servings (4 oz. meat + ¾ cup vegetables + 2 Tbsp. chimichurri each).**

EACH SERVING 402 cal., 22 g fat (6 g sat. fat), 111 mg chol., 312 mg sodium, 13 g carb., 2 g fiber, 3 g sugars, 38 g pro.



SEARED STEAK
WITH JALAPEÑO
CHIMICHURRI

TOO MUCH FLANK STEAK? MOST WHOLE FLANK STEAKS—WHICH COME FROM THE BELLY AREA OF CATTLE—WEIGH ABOUT 2 POUNDS. ASK AT THE MEAT COUNTER FOR A SMALLER PORTION, OR CUT YOUR OWN STEAK TO THE SIZE NEEDED AND FREEZE THE EXTRA FOR LATER. THINLY SLICE THE EXTRA TO USE IN STIR-FRIES.

GREEK FLAT IRON STEAKS

Photo on p. 60

START TO FINISH 25 minutes

- 1 lemon
- 2 6- to 8-oz. boneless beef shoulder flat iron steaks
- 1 tsp. dried rosemary, crushed
- 4 tsp. olive oil
- 2 cups grape tomatoes
- 2 cloves garlic, minced
- ½ cup pitted green olives, halved
- ¼ cup crumbled feta cheese

1. Remove 1 tsp. zest from the lemon. Cut the lemon into wedges. Trim fat from steaks. Cut each steak in half and generously season both sides with *salt* and *black pepper*. Rub rosemary over both sides of steaks.
2. In a 10-inch nonstick skillet heat 2 tsp. of the oil over medium-high heat. Add steaks; cook 8 to 10 minutes for medium rare (145°F) or 12 to 15 minutes for medium (160°F), turning once. Remove steaks from skillet; cover and keep warm.
3. Add the remaining 2 tsp. oil, the tomatoes, and garlic to skillet. Cook over medium-high heat about

3 minutes or until tomatoes start to soften. Stir in olives and lemon zest.

4. Serve steaks with tomato mixture and lemon wedges. Sprinkle with cheese. **Makes 4 servings (3 oz. meat + ½ cup tomatoes each).**

EACH SERVING 220 cal, 13 g fat (4 g sat. fat), 56 mg chol., 467 mg sodium, 6 g carb., 2 g fiber, 3 g sugars, 20 g pro.

STEAK AND TOMATOES ON CIABATTA

START TO FINISH 35 minutes

- 2 Tbsp. butter, softened
- 2 Tbsp. olive oil
- 1 Tbsp. chopped fresh oregano
- 1 Tbsp. chopped fresh rosemary
- 2 cloves garlic, minced
- 1 tsp. smoked paprika
- ½ tsp. salt
- ½ tsp. cracked black pepper
- 1 1-lb. ciabatta loaf
- 1½ lb. beef flank steak
- 3 cups cherry tomatoes
- Sliced red onion (optional)

1. In a small bowl combine the first eight ingredients (through cracked black pepper). Cut ciabatta loaf in half horizontally; cut each half crosswise

into thirds to make 6 pieces. Very lightly brush cut sides of bread with some of the herb mixture.

2. Score flank steak on both sides, making shallow cuts at 1-inch intervals diagonally across steak in a diamond pattern. Heat a heavy 12-inch skillet over medium-high heat until very hot. Sprinkle both sides of steak with additional salt and cracked black pepper. Cook steak in hot skillet 12 to 15 minutes or until medium rare (145°F), turning once. Transfer steak to a plate. Cover; let stand 5 minutes.

3. Meanwhile, place half of the bread, cut sides down, in skillet; cook about 1 minute or until toasted. Remove from skillet. Repeat with remaining bread.

4. Add the remaining herb mixture to skillet. When mixture begins to bubble, add tomatoes. Cook and stir about 4 minutes or until skins split. Remove from heat.

5. Meanwhile, thinly slice steak across the grain. Arrange sliced steak on toasted bread; top with tomatoes and, if desired, onion slices. Serve immediately. **Makes 6 open-face sandwiches.**

EACH SANDWICH 417 cal, 15 g fat (6 g sat. fat), 88 mg chol., 723 mg sodium, 36 g carb., 3 g fiber, 2 g sugars, 32 g pro.

STEAK AND TOMATOES
ON CIABATTA



INDONESIAN-STYLE BEEF
AND RICE BOWLS



GET-TOGETHERS. RICH AND CREAMY STROGANOFF IS AN EASY, COMPANYWORTHY DISH. MAKE IT EXTRA SPECIAL BY ADDING $\frac{1}{4}$ CUP DRY WHITE OR RED WINE IN STEP 3. (BONUS: SERVE THE REST OF THE BOTTLE OF WINE WITH DINNER.)

INDONESIAN-STYLE BEEF AND RICE BOWLS

HANDS-ON TIME 15 minutes
COOK 30 minutes

- 3 Tbsp. red curry paste
- 1 13.5- to 14-oz. can unsweetened coconut milk
- 1 cinnamon stick
- $\frac{1}{4}$ tsp. freshly grated nutmeg
- $\frac{1}{8}$ tsp. ground cloves
- 1 lb. lean ground beef
- 2 cups hot cooked rice
- 1 small cucumber, thinly sliced
- $\frac{1}{4}$ of a head green cabbage, thinly sliced
- 1 shallot, thinly sliced
- 1 fresh orange or red chile pepper, thinly sliced (optional) (tip, p. 28)
- Fresh cilantro sprigs
- 2 limes, halved

1. In a 10-inch skillet heat curry paste over medium-high heat, stirring a few seconds or until fragrant. Stir in coconut milk, cinnamon stick, nutmeg, and cloves. Add beef; stir to combine. Bring to boiling. Cook 5 to 7 minutes or until beef is browned, stirring occasionally. Reduce heat. Simmer, uncovered, 30 minutes, stirring occasionally. Remove from heat; discard cinnamon stick.

2. Spoon rice into bowls. Top with meat mixture, cucumber slices, cabbage, shallot, chile pepper (if using), and cilantro; squeeze lime over top.

Makes 4 servings (1 bowl each).

EACH SERVING 497 cal., 27 g fat (18 g sat. fat), 72 mg chol., 399 mg sodium, 33 g carb., 3 g fiber, 4 g sugars, 27 g pro.

BEEF STROGANOFF

START TO FINISH 35 minutes

- 1 $\frac{1}{4}$ lb. boneless beef sirloin, thinly sliced*
- Salt and black pepper
- 6 tsp. vegetable oil
- 3 cups sliced fresh button or cremini mushrooms (8 oz.)
- 1 medium onion, cut into thin wedges ($\frac{1}{2}$ cups)
- 2 cloves garlic, minced
- 1 14.5-oz. can reduced-sodium beef broth
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. chopped fresh thyme leaves or 1 tsp. dried thyme, crushed
- 1 8-oz. carton sour cream
- 3 Tbsp. all-purpose flour
- 2 tsp. Dijon mustard
- Hot cooked egg noodles

1. Season beef with salt and pepper. In a 12-inch nonstick skillet cook half of the meat in 2 tsp. of the oil over medium-high heat about 1 minute or until browned. Remove meat from skillet. Repeat with the remaining meat and 2 tsp. of the oil. Remove from skillet.

2. In the same skillet cook mushrooms, onion, and garlic in the remaining 2 tsp. oil over medium-high heat until mushrooms and onion are softened and beginning to brown.

3. Stir in $\frac{1}{2}$ cups of the broth, the Worcestershire sauce, and thyme, scraping up any browned bits in skillet. Bring to boiling; reduce heat. Gently simmer 5 minutes.



4. Meanwhile, in a medium bowl stir together sour cream, flour, and the remaining $\frac{1}{4}$ cup broth until smooth. Gradually stir about 1 cup of the hot broth from the skillet into sour cream mixture. Pour sour cream mixture into skillet, stirring constantly. Cook and stir until thickened and bubbly. Stir in cooked beef and the mustard. Cook and stir 1 to 2 minutes more or until beef is just heated through. Season to taste with additional salt and pepper. Serve over noodles and, if desired, sprinkle with additional fresh thyme.

Makes 6 servings (1 cup each).

***NOTE** For easier slicing, partially freeze the beef 30 to 45 minutes before slicing.

EACH SERVING 394 cal., 18 g fat (6 g sat. fat), 111 mg chol., 486 mg sodium, 31 g carb., 2 g fiber, 5 g sugars, 29 g pro.

BLISTERED BEAN AND BEEF STIR-FRY

START TO FINISH 35 minutes

- 2 Tbsp. cider vinegar
- 3 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. packed brown sugar
- $\frac{1}{4}$ tsp. crushed red pepper
- 8 oz. boneless beef sirloin
- 6 tsp. canola oil
- 2 cloves garlic, minced
- 1 lb. fresh thin green beans, trimmed
- 2 cups sliced stemmed fresh shiitake mushrooms
- $\frac{1}{2}$ cup sliced red onion
- Hot cooked rice noodles or rice (optional)
- 1 recipe Pickled Radishes (optional)

1. For sauce, in a bowl stir together the first four ingredients (through crushed red pepper). Trim fat from meat. Thinly slice across the grain into bite-size strips.

2. In a 12-inch wok or skillet heat 2 tsp. of the oil over medium-high heat.

Add garlic; cook and stir 30 seconds.

Add beef; cook and stir 2 minutes. Remove from wok.

3. Heat 2 tsp. of the oil in wok over medium-high heat. Add half of the beans; cook and stir 3 minutes. Remove from skillet. Add remaining 2 tsp. oil and remaining beans; cook and stir 3 minutes. Return all beans to skillet. Add mushrooms and onion; cook and stir 2 to 3 minutes or until beans are blistered and onion is crisp-tender. Return beef and any accumulated juices to skillet. Add sauce; stir to coat. If desired, serve over rice noodles. If desired, serve with Pickled Radishes.

Makes 4 servings (1 $\frac{1}{4}$ cups each).

EACH SERVING 218 cal., 10 g fat (1 g sat. fat), 34 mg chol., 534 mg sodium, 17 g carb., 4 g fiber, 11 g sugars, 17 g pro.

PICKLED RADISHES In a bowl whisk together $\frac{1}{4}$ cup cider vinegar, 2 Tbsp. packed brown sugar, and $\frac{1}{2}$ tsp. salt until sugar is dissolved. Stir in $\frac{1}{2}$ cup very thinly sliced radishes. Let stand 30 minutes. Drain before using.

WHAT IS STIR-FRY? STIR-FRYING IS A CHINESE COOKING TECHNIQUE THAT IS DONE OVER HIGH HEAT WITH A SMALL AMOUNT OF OIL. VEGETABLES AND PROTEINS ARE TOSSED TOGETHER IN A WOK, WHICH IS A ROUND-BOTTOMED PAN, SHAPED LIKE A BOWL.







PORK CHOPS WITH
APPLES AND CREAM

CHANGE IT UP. BAKED OR OVEN-ROASTED SWEET POTATOES MAKE A DELICIOUS STAND-IN FOR SQUASH. ADD A CREAMY ACCENT WITH A SPRINKLE OF CRUMBLED BLUE CHEESE.

PORK CHOPS WITH APPLES AND CREAM

START TO FINISH 35 minutes

- 4 bone-in rib pork chops, cut 1 inch thick (1½ to 2 lb. total)
- Kosher salt and black pepper
- 1 Tbsp. canola or corn oil
- 2 cooking apples, such as Gala, cored, cut into ½-inch wedges
- 1 Tbsp. unsalted butter
- ⅔ cup finely chopped shallots
- 4 large cloves garlic, minced
- 2 sprigs fresh sage
- 2 Tbsp. + ½ tsp. sherry vinegar
- 1 cup apple cider
- 3 Tbsp. heavy cream
- 1 Tbsp. Dijon mustard
- 1 tsp. finely chopped fresh sage

1. Season pork with salt and pepper. In a 12-inch skillet cook pork chops in hot oil over medium-high heat 2 minutes, turning once. Transfer pork to a plate. Add apples to skillet. Cook 3 to 4 minutes or until golden brown. Season with salt. Transfer to plate with pork.

2. Reduce heat to medium. Add butter and shallots to skillet; cook 3 minutes. Add garlic and sage sprigs; cook 30 seconds. Add 2 Tbsp. of the vinegar, stirring to loosen browned bits from the bottom of the pan. Add cider; bring to a simmer. Return pork chops and their juices to pan; reduce heat to low. Cover and gently simmer about 10 minutes or until pork is done (145°F), adding the apples the last 5 minutes of cooking. Transfer pork and apples to a plate.

3. Increase heat to medium-high. Simmer about 5 minutes or until a meat thermometer registers 145°F and vegetables are tender, stirring vegetables occasionally. Cover meat and vegetables with foil; let stand 10 minutes before serving.

Makes 4 servings (1 chop + ½ cup apples each).

EACH SERVING 348 cal., 16 g fat (7 g sat. fat), 87 mg chol., 87 mg sodium, 24 g carb., 3 g fiber, 18 g sugars, 27 g pro.

GINGER CHOPS WITH WALNUTS

START TO FINISH 40 minutes

- 2 Tbsp. vegetable oil
- 1 cup walnuts
- ½ tsp. curry powder
- ⅓ tsp. cayenne pepper
- 4 bone-in pork loin chops, cut ½ inch thick (about 7 oz. each)
- 1 small red onion, cut into thin wedges
- 1 orange
- ¼ cup reduced-sodium soy sauce
- 1 Tbsp. honey
- 1 Tbsp. grated fresh ginger
- 8 oz. butternut squash, peeled, sliced, and steamed or roasted

1. In a 12-inch skillet heat 1 Tbsp. of the vegetable oil over medium heat. Add walnuts, curry powder, and cayenne. Cook and stir 5 minutes; remove from skillet.

2. Add the remaining 1 Tbsp. oil to skillet. Add pork chops and red onion. Cook about 7 minutes or until pork is done (145°F), turning once.



3. Remove zest and squeeze juice from orange. In a bowl stir together zest and juice, soy sauce, honey, and ginger. Add to skillet along with squash. Bring to boiling; heat through. Top chops and squash with the walnut mixture.

Makes 4 servings (1 chop + ¼ cup vegetables + ¼ cup nuts each).

EACH SERVING 508 cal., 30 g fat (4 g sat. fat), 79 mg chol., 678 mg sodium, 22 g carb., 5 g fiber, 12 g sugars, 41 g pro.



CRISP-COATED BAKED PORK CHOPS

HANDS-ON TIME 20 minutes

BAKE 20 minutes at 425°F

- 4 boneless pork loin chops, cut $\frac{3}{4}$ inch thick ($1\frac{1}{2}$ to $1\frac{3}{4}$ lb. total)
- $\frac{1}{4}$ tsp. salt
- 1 egg, lightly beaten
- 2 Tbsp. milk
- $\frac{1}{4}$ tsp. black pepper
- 1 cup herb-seasoned stuffing mix, finely crushed
- 2 Tbsp. butter, melted
- Nonstick cooking spray

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil. Trim fat from chops. Sprinkle chops with salt. In a shallow dish combine egg, milk, and pepper. Place stuffing mix in another shallow dish. Dip chops into egg mixture, then into stuffing mix, turning to coat. Place chops in the prepared baking pan. Drizzle chops with butter and coat with cooking spray.

2. Bake, uncovered, 20 to 25 minutes or until juices run clear (145°F).

Makes 4 servings (1 chop each).

EACH SERVING 347 cal., 12 g fat (6 g sat. fat), 143 mg chol., 912 mg sodium, 17 g carb., 2 g fiber, 1 g sugars, 41 g pro.

BACON-WRAPPED PORK TENDERLOIN

HANDS-ON TIME 20 minutes

ROAST 25 minutes at 425°F

STAND 3 minutes

- $\frac{1}{5}$ cup apricot or cherry preserves, large pieces chopped
- 1 tsp. red wine vinegar
- 10 slices bacon
- 1 1-lb. pork tenderloin, trimmed
- 1 Tbsp. olive oil
- 8 oz. green beans, trimmed if desired
- $\frac{1}{4}$ cup reduced-sodium chicken broth
- 2 Tbsp. honey
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ cup sliced almonds, toasted (tip, p. 24)

1. Preheat oven to 425°F. Line a shallow roasting pan with foil. Place a rack in pan. In a bowl stir together apricot preserves and vinegar.

2. Lay bacon side by side on work surface, overlapping slightly. Place tenderloin crosswise on bacon; roll up, wrapping bacon around tenderloin. Place tenderloin, bacon ends down, on rack in pan. Roast 20 minutes. Brush top of tenderloin with preserves. Roast 5 to 10 minutes more or until bacon is crisp and pork is done (145°F). Remove from oven; let stand 3 minutes.

3. Meanwhile, in a 10-inch skillet heat oil over medium-high heat. Add green beans; cook and stir 3 to 5 minutes or just until crisp-tender. Add broth, honey, and salt. Cook and stir about 3 minutes more or until liquid is nearly evaporated. Stir in almonds. Serve green beans with sliced tenderloin.

Makes 4 servings (3 oz. meat + $\frac{1}{2}$ cup beans each).

EACH SERVING 392 cal., 15 g fat (4 g sat. fat), 93 mg chol., 575 mg sodium, 31 g carb., 2 g fiber, 22 g sugars, 33 g pro.

BACON-WRAPPED PORK
TENDERLOIN







BREADED PORK TENDERLOINS

START TO FINISH 25 minutes

- 1 lb. pork tenderloin
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{4}$ tsp. garlic salt
- $\frac{1}{4}$ tsp. black pepper
- 1 egg
- 1 Tbsp. milk
- $\frac{1}{2}$ cup seasoned fine dry bread crumbs
- 2 Tbsp. vegetable oil

1. Trim fat from meat. Cut meat crosswise into four pieces. Using the flat side of a meat mallet, flatten pork between two pieces of plastic wrap to about $\frac{1}{4}$ inch thick.

2. In a shallow bowl combine flour, garlic salt, and pepper. In another shallow bowl whisk together egg and milk. In a third bowl place bread crumbs. Dip meat into flour mixture to coat. Dip into egg mixture, then into bread crumbs, turning to coat.

3. In a 10-inch heavy skillet cook meat in hot oil over medium heat 6 to 8 minutes or until coating is browned and meat is slightly pink in center, turning once. **Makes 4 servings (1 tenderloin each).**

EACH SERVING 284 cal., 11 g fat (2 g sat. fat), 120 mg chol., 398 mg sodium, 16 g carb., 1 g fiber, 1 g sugars, 28 g pro.



Cut a whole pork tenderloin crosswise into four equal pieces.



For the right thickness and shape, use the flat side of a meat mallet to pound meat pieces to an even $\frac{1}{4}$ -inch thickness. For nice round pieces, fold in any long edges toward the center and pound again until even.

MAKE IT A SANDWICH. IN RESTAURANTS, BREADED TENDERLOINS ARE OFTEN SANDWICHED BETWEEN LARGE TOASTED BUNS. CUSTOMIZE WITH ALL THE CONDIMENTS AND TOPPINGS YOU LIKE.



KOREAN BARBECUED
PORK STIR-FRY



KOREAN BARBECUED PORK STIR-FRY

START TO FINISH 35 minutes

- ¼ cup hoisin sauce
- 3 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. rice vinegar
- 1 Tbsp. packed brown sugar
- 2 tsp. sriracha sauce
- 1 tsp. toasted sesame oil
- 1 tsp. grated fresh ginger
- 2 cloves garlic, minced
- 2 Tbsp. canola oil
- 12 oz. pork tenderloin or lean boneless pork, cut into bite-size strips
- 1 cup thinly bias-sliced carrots
- 1 medium red sweet pepper, cut into bite-size strips (¾ cup)
- 1 fresh Asian pear or apple, cored and sliced
- 6 cups shredded napa cabbage
- Thinly bias-sliced green onions

1. For the sauce, in a bowl stir together the first eight ingredients (through garlic).

2. In an extra-large wok or 12-inch skillet heat 1 Tbsp. of the oil over medium-high heat. Add pork; cook and stir about 4 minutes or until strips are just pink in the center. Remove pork from wok.

3. Add the remaining 1 Tbsp. oil to wok. Add carrots; cook and stir 1 minute. Add sweet pepper; cook and stir about 2 minutes or until just crisp-tender. Return pork to wok. Add sauce and Asian pear; cook and stir until heated through. Serve pork mixture over cabbage and top with green onions.

Makes 4 servings (¾ cup pork mixture + 1½ cups cabbage each).

EACH SERVING 303 cal., 12 g fat (2 g sat. fat), 56 mg chol., 791 mg sodium, 28 g carb., 5 g fiber, 18 g sugars, 21 g pro.



VIETNAMESE PORK MEATBALLS

START TO FINISH 35 minutes

- 1¼ lb. ground pork
- 1 stalk lemongrass, smashed and minced (1 Tbsp.)
- 4 tsp. grated fresh ginger
- 1 clove garlic, minced
- 2 tsp. Asian fish sauce
- 1½ tsp. lime zest
- 1 Tbsp. canola oil
- Finely shredded green cabbage
- Shredded carrots
- Thinly sliced radishes
- Cilantro sprigs
- Lime wedges

1. In a large bowl combine pork, lemongrass, ginger, garlic, fish sauce, and lime zest. Using damp hands, form into twenty 1½-inch meatballs.

2. In a large skillet heat oil over medium-high. Add meatballs. Cook 12 to 15 minutes or until done (165°F), turning occasionally.

3. Serve meatballs with cabbage, carrots, radishes, cilantro, and lime wedges. Drizzle with lime juice.

Makes 4 servings.

EACH SERVING 344 cal, 26 g fat (7 g sat. fat), 96 mg chol, 322 mg sodium, 2 g carb, 0 g fiber, 0 g sugars, 26 g pro.



APPLE BUTTER-
GLAZED HAM

CUT TIME, NOT FLAVOR. GROUND HAM AND PORK ARE SOLD AS A PREMIXED COMBO IN SOME SUPERMARKETS. IT MAY BE LABELED “HAM LOAF.” YOU CAN USE 1½ LB. OF THE MIXTURE IN THE HAM BALLS AS A CONVENIENT SHORTCUT.

APPLE BUTTER-GLAZED HAM

HANDS-ON TIME 20 minutes

ROAST 20 minutes at 425°F

Nonstick cooking spray

- 2 medium sweet potatoes, peeled and cut into 1-inch cubes (1 lb.)
- 12 oz. Brussels sprouts, trimmed and halved
- 2 Tbsp. vegetable oil
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- ¼ cup apple butter
- ¼ cup cider vinegar
- 1 to 1½ lb. center-cut ham slice, about 1 inch thick
- Toasted baguette slices (optional)

1. Preheat oven to 425°F. Line a 15×10-inch baking pan with foil; lightly coat with cooking spray. In a large bowl combine sweet potatoes and Brussels sprouts. Add 1 Tbsp. of the oil, the salt, and pepper; toss to coat. Spread vegetables in a single layer in prepared pan. Roast, uncovered, about 20 minutes or until tender and browned, stirring once.

2. Meanwhile, for glaze, in a screw-top jar combine apple butter, vinegar, and the remaining 1 Tbsp. oil. Cover and shake well. Set aside 2 Tbsp. of the glaze. Toss the remaining glaze with roasted vegetables; cover to keep warm.

3. Heat a grill pan over medium-high heat. Add ham slice; cook about 8 minutes or until browned and heated through, turning once. Drizzle the 2 Tbsp. reserved glaze over ham.

Serve with vegetables and, if desired, baguette slices. **Makes 4 servings (4 oz. ham + 1 cup vegetables each).**

EACH SERVING 396 cal., 11 g fat (2 g sat. fat), 65 mg chol., 1,640 mg sodium, 48 g carb., 7 g fiber, 25 g sugars, 28 g pro.

GLAZED HAM BALLS

HANDS-ON TIME 25 minutes

BAKE 40 minutes at 350°F

- 2 eggs, lightly beaten
- 1½ cups soft bread crumbs
- ½ cup finely chopped onion
- 2 Tbsp. milk
- ¼ tsp. black pepper
- 2 tsp. dry mustard
- 12 oz. ground cooked ham
- 12 oz. ground pork
- ¾ cup packed brown sugar
- ½ cup ketchup
- 2 Tbsp. vinegar

1. Preheat oven to 350°F. Lightly grease a 2-qt. rectangular baking dish. In a large bowl combine first five ingredients (through pepper); stir in 1 tsp. of the mustard. Add ham and pork; mix well. Shape mixture into 12 balls, using about ¼ cup mixture for each. Arrange ham balls in prepared baking dish.

2. For sauce, in a bowl stir together the remaining 1 tsp. mustard and remaining ingredients; pour over ham balls. Bake, uncovered, about 40 minutes or until done (160°F). **Makes 6 servings (2 balls each).**

EACH SERVING 375 cal., 13 g fat (4 g sat. fat), 136 mg chol., 830 mg sodium, 40 g carb., 1 g fiber, 33 g sugars, 25 g pro.



SWEET-AND-SOUR GLAZED HAM BALLS

Prepare as directed, except for sauce, omit 1 tsp. mustard, the brown sugar, ketchup, and vinegar. In a 1- or 1½-qt. saucepan stir together ½ cup packed brown sugar and 4 tsp. cornstarch. Stir in ½ cup each chicken broth and red wine vinegar; ¼ cup finely chopped green sweet pepper; 2 Tbsp. chopped pimientos or roasted red sweet pepper; 2 Tbsp. reduced-sodium soy sauce; 1½ tsp. minced fresh ginger; 1 clove garlic, minced; and ⅛ to ¼ tsp. crushed red pepper. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Pour over ham balls in Step 2.



PARTY-SIZE HAM BALLS To make 24 smaller ham balls, shape meat mixture into a 12×8-inch rectangle on a cutting board. Cut the rectangle into twenty-four 2-inch squares. Roll each square into a ball. Arrange balls in a 3-qt. baking dish. Bake glazed ham balls about 25 minutes.



AIR IT OUT. BE SURE TO LEAVE SOME SPACE BETWEEN EACH PIECE OF FOOD ON THE SKEWERS. THIS ALLOWS HEAT TO CIRCULATE EVENLY AROUND EACH PIECE, ENSURING IT WILL COOK PROPERLY.

LAMB AND ZUCCHINI KABOBS

HANDS-ON TIME 25 minutes

MARINATE 1 hour

GRILL 12 minutes

- $\frac{1}{4}$ cup packed fresh Italian parsley
- $\frac{1}{4}$ cup packed fresh mint leaves
- 3 Tbsp. slivered almonds, toasted (tip, p. 24)
- 2 Tbsp. shredded Parmesan cheese
- 2 cloves garlic, halved
- 3 Tbsp. lemon juice
- 2 Tbsp. water
- 2 Tbsp. olive oil
- $\frac{1}{4}$ tsp. kosher salt
- 2 Tbsp. balsamic vinegar
- $\frac{1}{4}$ tsp. kosher salt
- $\frac{1}{4}$ tsp. black pepper
- 1 lb. boneless leg of lamb, trimmed of fat and cut into $1\frac{1}{2}$ -inch pieces
- 8 oz. zucchini, cut into 1-inch pieces
- 8 oz. yellow summer squash, cut into 1-inch pieces

1. For pesto, in a blender or small food processor combine first five ingredients (through garlic). Pulse until coarsely chopped. Add 1 Tbsp. of the lemon juice, the water, 2 tsp. of the olive oil, and the $\frac{1}{4}$ tsp. salt. Process until very finely chopped and fully combined. Cover and refrigerate.

2. For marinade, in a small bowl whisk together the remaining 2 Tbsp. lemon juice, the vinegar, 2 tsp. of the olive oil, the $\frac{1}{4}$ tsp. salt, and the black pepper. Place lamb in a large resealable plastic bag set in a shallow dish. Add marinade to lamb in bag. Seal bag; turn to coat. Marinate in the refrigerator 1 to 4 hours, turning occasionally.

3. If using wooden skewers, soak in water 30 minutes. Drain lamb; discard marinade. Thread meat on four 8- to 10-inch skewers, leaving a $\frac{1}{4}$ -inch space between pieces.

4. Thread vegetables onto another four skewers, alternating zucchini and yellow squash, leaving a $\frac{1}{4}$ -inch space between pieces. Brush vegetables with the remaining 2 tsp. olive oil.

5. Grill kabobs, covered, over medium heat 12 to 14 minutes or until lamb is desired doneness and vegetables are tender, turning occasionally (grilling tips, p. 22). Serve with pesto. **Makes 4 servings (1 lamb kabob + 1 vegetable kabob + 4 tsp. pesto each).**

EACH SERVING 272 cal., 15 g fat (3 g sat. fat), 74 mg chol., 291 mg sodium, 8 g carb., 2 g fiber, 4 g sugars, 27 g pro.







QUICK TANDOORI-STYLE
CHICKEN

WHAT IS TANDOORI? IT'S A CURRY-SPICED YOGURT-MARINATED MEAT DISH COOKED IN A CLAY OVEN—A TANDOOR. THIS VERSION IS COOKED ON A GRILL.

QUICK TANDOORI-STYLE CHICKEN

HANDS-ON TIME 10 minutes

STAND 15 minutes

GRILL 8 minutes

- ½ cup plain Greek yogurt
- 1 Tbsp. cider vinegar
- 2 tsp. Madras (hot) curry powder
- 1 clove garlic, minced
- ¼ tsp. kosher salt
- 1½ lb. skinless, boneless chicken thighs, cut into 1- to 1½-inch pieces
- Basmati rice (optional)
- Mango chutney (optional)
- Snipped fresh mint leaves

1. In an extra-large bowl whisk together yogurt, vinegar, curry powder, garlic, and salt. Add chicken; toss to coat. Let stand 15 minutes (or cover and chill up to 24 hours).

2. Thread chicken onto 6-inch skewers, leaving ¼ inch between pieces. Grill skewers on a greased rack, covered, over medium-high heat 8 to 10 minutes or until done (170°F), turning to brown evenly. If desired, serve over basmati rice with mango chutney. Sprinkle with mint. **Makes 4 servings (4 oz. chicken each).**

EACH SERVING 232 cal., 8 g fat (2 g sat. fat), 162 mg chol., 295 mg sodium, 2 g carb., 1 g fiber, 1 g sugars, 37 g pro.

CHICKEN AND WINTER GREENS SALAD

START TO FINISH 30 minutes

- ½ of a large head radicchio, halved, cored, and sliced (3 cups)
- 2 heads Belgian endive, sliced crosswise (3 cups)
- 3 cups baby kale or spinach
- 1 large clove garlic, minced
- 1 Tbsp. balsamic vinegar
- ½ tsp. Dijon mustard
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- 5 Tbsp. olive oil
- 2 skinless, boneless chicken breast halves, halved horizontally
- 1 lemon, quartered
- 2 oz. Parmesan cheese, shaved

1. On a platter combine radicchio, endive, and kale. In a bowl combine garlic, vinegar, mustard, salt, and pepper. Slowly drizzle in ¼ cup of the oil, whisking constantly.

2. Season chicken on both sides with additional salt and pepper. In a 10-inch skillet heat the remaining 1 Tbsp. oil over medium-high heat. Add chicken; cook 2 to 3 minutes per side or until done (165°F). Place chicken on greens. Squeeze lemon over and drizzle with dressing. Sprinkle with Parmesan.

Makes 4 servings (1 piece chicken + 2¼ cups salad each).

EACH SERVING 429 cal., 25 g fat (6 g sat. fat), 114 mg chol., 557 mg sodium, 11 g carb., 4 g fiber, 2 g sugars, 41 g pro.



TEMP IT RIGHT. FOR AN ACCURATE MEASURE, USE AN INSTANT-READ THERMOMETER TO CHECK THE TEMPERATURE AFTER COOKING TIME IS UP. CHICKEN BREASTS SHOULD REGISTER 165°F, AND THIGHS AND DRUMSTICKS SHOULD REGISTER 175°F.



CHICKEN AND DUMPLINGS

HANDS-ON TIME 20 minutes
COOK 1 hour 10 minutes

- 1 3½- to 4-lb. broiler-fryer chicken
- 4 cups reduced-sodium chicken broth
- 1 cup chopped onions
- 1 cup sliced celery
- 1 cup thinly sliced carrots
- 1 cup sliced fresh mushrooms
- ½ tsp. dried sage, crushed
- 1 bay leaf
- ½ cup water
- 3 Tbsp. all-purpose flour
- 1 recipe Dumplings

1. In a 4- to 5-qt. pot combine chicken, broth, ½ tsp. salt, and ¼ tsp. black pepper. Bring to boiling; reduce heat. Simmer, covered, 45 to 60 minutes or until chicken is tender. Remove chicken from pot; cool. Remove meat from bones; discard skin and bones. Chop chicken. Strain broth; return 5 cups broth to pot. Skim fat.

2. Add next six ingredients (through bay leaf). Bring to boiling; cover. Simmer 10 minutes. In a screw-top jar combine water and flour; cover and shake until smooth. Stir into vegetable mixture. Cook and stir until thickened and bubbly. Stir in chicken; discard bay leaf. Bring to simmering; spoon Dumplings batter in six mounds on top. Simmer, covered (do not lift lid), 12 to 15 minutes or until toothpick inserted in dumplings comes out clean.

Makes 6 servings (1 cup each).

DUMPLINGS In a medium bowl combine 1 cup all-purpose flour, 1 tsp. baking powder, and ½ tsp. salt. Cut in 2 Tbsp. shortening until mixture resembles coarse crumbs. Add ½ cup buttermilk to flour mixture. Stir just until moistened.

EACH SERVING 327 cal, 9 g fat (2 g sat. fat), 90 mg chol., 1,061 mg sodium, 26 g carb., 2 g fiber, 4 g sugars, 34 g pro.

CHICKEN CACCIATORE

HANDS-ON TIME 30 minutes
COOK 20 minutes

- 8 small bone-in chicken thighs (about 2 lb. total), skinned*
- Salt and black pepper
- 1 Tbsp. olive oil
- 3 cups sliced fresh cremini mushrooms
- 1 large green sweet pepper, seeded and cut into bite-size strips
- ½ cup finely chopped carrot
- 3 cloves garlic, minced
- ½ cup dry white wine or chicken broth

- 1 28-oz. can diced tomatoes, undrained
- 1½ cups frozen small whole onions
- 1 tsp. dried oregano, crushed
- 1 tsp. coarsely ground black pepper
- 2 Tbsp. balsamic vinegar
- Hot cooked broken lasagna noodles or desired pasta
- Toppers such as Kalamata olives and/or snipped fresh Italian parsley (optional)

1. Sprinkle chicken lightly with salt and black pepper. In a 10-inch skillet heat oil over medium heat. Add chicken; cook just until browned, turning once. Remove from skillet.

2. Add mushrooms, sweet pepper, carrot, and garlic to the skillet. Cook over medium heat 4 minutes, stirring occasionally. Carefully add wine. Simmer, uncovered, until wine is nearly evaporated. Stir in tomatoes, onions, oregano, and the 1 tsp. coarsely ground black pepper.

3. Return chicken to skillet. Simmer, covered, about 20 minutes or until chicken is no longer pink (at least 175°F). Stir in vinegar. Season to taste with additional salt. Serve with hot cooked lasagna noodles. If desired, sprinkle with toppers.

Makes 4 servings (2 thighs + 1 cup vegetables each).

EACH SERVING 380 cal, 8 g fat (2 g sat. fat), 80 mg chol., 744 mg sodium, 44 g carb., 7 g fiber, 12 g sugars, 28 g pro.

***TIP** Chicken skin is slippery, so use a paper towel to grip it. Pull the skin away from the meaty end toward the knuckle. Snip skin as necessary.



CHICKEN CACCIATORE



CHICKEN IN CREAMY
MUSHROOM SAUCE

CHICKEN IN CREAMY MUSHROOM SAUCE

HANDS-ON TIME 20 minutes

BAKE 35 minutes at 350°F

- 2 Tbsp. butter, melted
 - 2 8-oz. pkg. fresh cremini or button mushrooms, sliced
 - 3 cloves garlic, minced
 - 3 8- to 10-oz. skinless, boneless chicken breast halves, halved horizontally
 - 1 10.75-oz. can condensed golden mushroom soup
 - ½ cup dry white wine or chicken broth
 - ½ of an 8-oz. tub cream cheese spread with chives and onion
 - 1 0.7-oz. envelope Italian dry salad dressing mix
- Mashed Potatoes (p. 259), cooked rice, or angel hair pasta

1. Preheat oven to 350°F. In a 12-inch skillet melt butter over medium heat. Add mushrooms and garlic. Cook, stirring occasionally, about 5 minutes or until mushrooms are browned and liquid evaporates.

2. Place chicken pieces in a single layer in a 3-qt. rectangular baking dish. Spoon mushroom mixture over the chicken. In a medium bowl whisk together the next four ingredients (through dressing mix) until combined; spoon over chicken.

3. Bake, uncovered, 35 to 40 minutes or until chicken is done (165°F). Serve with Mashed Potatoes. **Makes 6 servings (1 breast half + ½ cup sauce each).**

EACH SERVING 411 cal., 17 g fat (9 g sat. fat), 117 mg chol., 1,199 mg sodium, 28 g carb., 3 g fiber, 5 g sugars, 32 g pro.



CHICKEN AND NOODLES

CHICKEN AND NOODLES

HANDS-ON TIME 25 minutes

COOK 1 hour 5 minutes

- 1 3½- to 4-lb. broiler-fryer chicken
 - 5 cups reduced-sodium chicken broth
 - ½ tsp. salt
 - ¼ tsp. black pepper
 - 1 12-oz. pkg. frozen noodles
 - 2 Tbsp. all-purpose flour
- Mashed Potatoes (p. 259) (optional)

1. In a 4- to 5-qt. pot combine chicken, 4 cups of the broth, the salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, 45 to 60 minutes or until chicken is tender. Remove chicken

from pot; cool. Remove meat from bones; discard skin and bones. Chop chicken. Strain broth; return broth to pot. Skim fat.

2. Bring broth to boiling. Add frozen noodles; boil gently, uncovered, 15 minutes, stirring occasionally. In a screw-top jar combine the remaining 1 cup broth and the flour; cover and shake until smooth. Stir into noodle mixture. Cook and stir until thickened and bubbly. Stir in chicken. Cook 5 minutes more, stirring occasionally. Stir in additional broth to make desired consistency. If desired, serve with Mashed Potatoes. **Makes 6 servings (1 cup each).**

EACH SERVING 381 cal., 7 g fat (2 g sat. fat), 181 mg chol., 944 mg sodium, 39 g carb., 1 g fiber, 1 g sugars, 37 g pro.

OVEN-BAKED
CHICKEN STRIPS



CHICKEN SKIN

Chicken skin is slippery, so use a paper towel to grip it. Pull the skin away from the meat, starting at the meaty end and pulling toward the knuckle. Snip skin where attached if necessary.

OVEN-BARBECUED CHICKEN

OVEN-BAKED CHICKEN STRIPS

HANDS-ON TIME 30 minutes

BAKE 12 minutes at 450°F

Nonstick cooking spray

- ½ cup all-purpose flour
- 5 tsp. ranch dry salad dressing mix
- 3 eggs
- 2 cups panko bread crumbs (tip, p. 24)
- 2 Tbsp. butter, melted
- 1 tsp. dry mustard
- ½ tsp. black pepper
- 1½ lb. chicken tenders

1. Preheat oven to 450°F. Line a large baking sheet with foil. Coat foil with cooking spray.

2. In a shallow dish combine flour and dressing mix. Put eggs in a separate shallow dish; lightly beat eggs with a fork. In a third shallow dish stir together bread crumbs, butter, dry mustard, and pepper.

3. Dip chicken tenders in flour mixture, then eggs, then bread crumb mixture to coat, turning and pressing to stick coating to chicken. Place chicken on prepared baking sheet. Lightly coat top of chicken with additional cooking spray.

4. Bake about 12 minutes or until golden and chicken is no longer pink. **Makes 6 servings (3 oz. chicken each).**

EACH SERVING 299 cal., 9 g fat (4 g sat. fat), 185 mg chol., 346 mg sodium, 19 g carb., 1 g fiber, 1 g sugars, 31 g pro.

OVEN-BARBECUED CHICKEN

HANDS-ON TIME 10 minutes

BAKE 45 minutes at 375°F

- 4 lb. meaty chicken pieces (breast halves, thighs, and drumsticks), skinned (tip, above)**
- 1 recipe Beer Barbecue Sauce or classic barbecue sauce**

1. Preheat oven to 375°F. Line a 15×10-inch baking pan with foil. Arrange chicken, bone sides up, in the prepared pan. Bake 35 minutes.

2. Turn chicken bone sides down. Brush about 1 cup of the sauce over chicken. Bake 10 to 20 minutes more or until chicken is no longer pink (165°F for breasts; 175°F for thighs and drumsticks). Pass remaining sauce

with chicken. **Makes 6 servings (4 oz. chicken + ¼ cup sauce each).**

BEER BARBECUE SAUCE In a 2-qt. saucepan stir together 1 cup each lager beer and ketchup; ½ cup packed brown sugar; ½ cup white balsamic vinegar; 6 cloves garlic, minced; 1 Tbsp. honey; 1 tsp. each ground cumin, chili powder, and, if desired, sriracha sauce; and ½ tsp. black pepper. Bring to boiling; reduce heat. Simmer, uncovered, 45 to 60 minutes or until sauce reaches desired consistency, stirring often. Cover and chill leftovers up to 1 week.

EACH SERVING 603 cal., 30 g fat (9 g sat. fat), 153 mg chol., 498 mg sodium, 41 g carb., 0 g fiber, 36 g sugars, 39 g pro.

HONEY-MUSTARD DIPPING SAUCE Stir together ½ cup mayonnaise, 1 Tbsp. honey, and 1 Tbsp. Dijon mustard or yellow mustard.



WHAT ARE CHILES RELLENOS? TRADITIONALLY, THEY'RE STUFFED, FRIED CHILE PEPPERS. WE TUCKED THE SAME FLAVORS INTO THE CHICKEN BEFORE COATING AND BAKING.

BAKED CHICKEN CHILES RELLENOS

HANDS-ON TIME 45 minutes

BAKE 30 minutes at 375°F

- 6 skinless, boneless chicken breast halves
- ⅓ cup all-purpose flour
- 3 Tbsp. cornmeal
- ¼ tsp. salt
- ¼ tsp. cayenne pepper
- 1 egg, lightly beaten
- 1 Tbsp. water
- 1 4-oz. can whole green chile peppers, rinsed, stemmed, seeded, and halved lengthwise (6 pieces total)
- 2 oz. Monterey Jack cheese, cut into six 2×½-inch sticks
- 2 Tbsp. chopped fresh cilantro or fresh parsley
- ¼ tsp. black pepper
- 2 Tbsp. butter, melted
- 1 8-oz. jar salsa verde or tomato salsa

1. Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to rectangles ¼ to ½ inch thick.

2. Preheat oven to 375°F. Line a shallow baking pan with foil. In a shallow bowl stir together flour, cornmeal, salt, and cayenne pepper. In a second shallow bowl combine egg and water.

3. Place a chile pepper half on each chicken piece near an edge. Place a stick of cheese on each chile pepper. Sprinkle with cilantro and black pepper. Fold in side edges; roll up from edge with cheese and chile pepper. Secure with wooden toothpicks.

4. Dip chicken rolls into egg mixture to coat; coat all sides with flour mixture. Place rolls, seam sides down, in prepared baking pan. Brush rolls with melted butter.

5. Bake, uncovered, 30 to 35 minutes or until done (165°F). Remove toothpicks. Meanwhile, heat salsa; serve over chicken. **Makes 6 servings (1 roll each).**

EACH SERVING 299 cal., 10 g fat (5 g sat. fat), 141 mg chol., 396 mg sodium, 11 g carb., 1 g fiber, 0 g sugars, 40 g pro.



The chicken is wrapped around the filling, so it needs to be thin. Use the flat side of a meat mallet to gently pound chicken pieces to an even thickness of ¼ to ½ inch.



Layer chiles and cheese sticks near one long edge of pounded chicken pieces. Fold in the short sides to enclose the cheese; roll up chicken starting with the edge with the cheese. Use two or three toothpicks to secure.



CHICKEN PARMESAN

CHICKEN PARMESAN

HANDS-ON TIME 25 minutes

COOK 25 minutes

- 1 Tbsp. butter
- ⅓ cup chopped onion
- 1 clove garlic, minced
- 1 14.5-oz. can diced tomatoes, undrained
- ½ tsp. sugar
- ½ tsp. salt
- Dash black pepper
- ¼ cup chopped fresh basil
- 4 skinless, boneless chicken breast halves (6 to 8 oz. each)
- ⅓ cup seasoned fine dry bread crumbs
- 4 Tbsp. grated Parmesan cheese
- ½ tsp. dried oregano, crushed
- 1 egg, lightly beaten
- 2 Tbsp. milk
- 3 Tbsp. olive oil or vegetable oil
- ¼ cup shredded mozzarella cheese (1 oz.)

1. For sauce, in a 2-qt. saucepan melt butter over medium heat. Add onion and garlic; cook until tender. Stir in

tomatoes, sugar, salt, and pepper. Bring to boiling; reduce heat. Simmer about 10 minutes or until desired consistency, stirring occasionally. Stir in basil.

2. Meanwhile, using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to about ¼ inch thick.

3. In a shallow bowl stir together bread crumbs, 3 Tbsp. of the Parmesan cheese, and the oregano. In a second bowl stir together egg and milk. Dip chicken into egg mixture; coat evenly with crumb mixture.

4. In a 12-inch skillet cook chicken in oil over medium heat 4 to 6 minutes or until golden, turning once.

5. Spoon sauce over chicken. Top with mozzarella and the remaining 1 Tbsp. Parmesan. Let stand 2 minutes. If desired, serve with *hot cooked pasta*.

Makes 4 servings (3 oz. chicken + ½ cup sauce each).

EACH SERVING 398 cal., 19 g fat (6 g sat. fat), 151 mg chol., 761 mg sodium, 15 g carb., 2 g fiber, 5 g sugars, 41 g pro.

CHICKEN PICCATA

START TO FINISH 35 minutes

- ⅓ cup all-purpose flour
- ½ tsp. salt
- ¼ tsp. black pepper
- 4 small skinless, boneless chicken breast halves (4 to 5 oz. each)
- 2 Tbsp. olive oil
- ¾ cup dry white wine or chicken broth
- ⅓ cup chicken broth
- 3 Tbsp. lemon juice
- 3 Tbsp. butter
- 2 Tbsp. drained capers
- 1 lemon, thinly sliced
- 2 Tbsp. chopped fresh Italian parsley

1. In a shallow dish combine flour, salt, and pepper. Cut each chicken breast half in half crosswise. Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to about ½ inch thick. Coat chicken with flour mixture.

2. In a 12-inch skillet heat oil over medium-high heat. Add chicken pieces, half at a time, to skillet. Cook about 4 minutes or until no longer pink, turning once. Transfer to a platter; cover to keep warm.

3. For sauce, remove skillet from heat. Add wine and broth. Return skillet to heat. Bring to boiling; reduce heat. Simmer, uncovered, 6 minutes. Add lemon juice, butter, and capers, stirring until butter is melted. Return chicken to skillet with lemon slices; heat through. Transfer chicken and lemon to platter. Spoon sauce over chicken and lemon; sprinkle with parsley. If desired, serve with *hot cooked spaghetti*. **Makes 4 servings (3 oz. chicken + 3 Tbsp. sauce each).**

EACH SERVING 349 cal., 18 g fat (7 g sat. fat), 96 mg chol., 667 mg sodium, 12 g carb., 1 g fiber, 1 g sugars, 26 g pro.

CHICKEN PICCATA





CHILI-GARLIC
CHICKEN STIR-FRY



CHILI-GARLIC CHICKEN STIR-FRY

START TO FINISH 45 minutes

- 1 recipe Quick-Pickled Vegetables
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. rice vinegar
- 1 Tbsp. Asian chili-garlic sauce
- 1 Tbsp. finely chopped fresh ginger
- 3 cloves garlic, minced
- 1 lb. skinless, boneless chicken breast halves, cut into 1-inch pieces
- 3 Tbsp. honey or packed brown sugar
- 2 tsp. cornstarch
- 8 oz. fresh green beans, trimmed
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. canola oil
- ½ cup chopped onion
- ¾ cup chopped red sweet pepper
- 2 tsp. white and/or black sesame seeds, toasted (tip, p. 24)

1. Prepare Quick-Pickled Vegetables. In a medium bowl combine the next five ingredients (through garlic). Transfer half of the mixture to a small bowl. Add chicken to the remaining mixture in medium bowl. Toss to coat. Add honey and cornstarch to soy sauce mixture in the small bowl, stirring to dissolve cornstarch.

2. In a large wok cook beans in just enough boiling water to cover 4 minutes or just until crisp-tender; drain beans in colander. Carefully wipe wok dry.

3. In the same wok heat sesame and canola oils over medium-high heat. Add onion and sweet pepper; cook and stir 4 to 5 minutes or until crisp-tender. Remove vegetables from the

wok. Add half of the chicken to wok; cook and stir over medium-high heat 3 to 4 minutes or until chicken is no longer pink. Remove chicken from wok. Repeat with remaining chicken. Return chicken, green beans, onion, and sweet pepper to wok. Stir sauce well. Add to wok; cook and stir until thickened and bubbly.

4. Drain Quick-Pickled Vegetables. Top individual servings of chicken mixture with vegetables. Sprinkle with sesame seeds. **Makes 4 servings (1½ cups chicken mixture + ½ cup vegetables each).**

QUICK-PICKLED VEGETABLES In a 1-qt. saucepan combine ½ cup each water and rice vinegar, ¼ cup sugar, ½ tsp. salt, and ½ tsp. crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, 2 minutes. Remove from heat. Add 1 cup coarsely shredded napa cabbage, ½ cup each shredded carrots and thinly sliced red onion, and 1 tsp. finely chopped fresh ginger; stir until well combined. Cover and let stand at room temperature 30 to 60 minutes. Drain before serving.

EACH SERVING 344 cal., 11 g fat (2 g sat. fat), 83 mg chol., 564 mg sodium, 32 g carb., 4 g fiber, 24 g sugars, 29 g pro.

EASY BALSAMIC CHICKEN

HANDS-ON TIME 10 minutes

MARINATE 1 hour

GRILL 10 minutes

- 4 small skinless, boneless chicken breast halves (4 to 5 oz. each)
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 3 cloves garlic, minced
- ¼ tsp. salt
- ¼ tsp. crushed red pepper

1. Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to about ½ inch thick.

2. Place chicken in a shallow dish. In a bowl stir together the remaining ingredients. Pour over chicken, turning to coat. Cover and marinate in the refrigerator 1 to 4 hours.

3. Grill chicken, uncovered, over medium heat 10 to 12 minutes or until done (165°F) (grilling tips, p. 22), turning and brushing with marinade once. Discard extra marinade. **Makes 4 servings (3 oz. chicken each).**

EACH SERVING 172 cal., 6 g fat (1 g sat. fat), 66 mg chol., 123 mg sodium, 1 g carb., 0 g fiber, 1 g sugars, 26 g pro.



BURRITO BOWLS

THAWING CHICKEN. NEVER THAW POULTRY AT ROOM TEMPERATURE. THAW IN THE REFRIGERATOR IN A DISH OR PAN TO CATCH ANY JUICES. ALLOW AT LEAST 24 HOURS FOR POULTRY PARTS AND PER EVERY 3½ TO 4 LB. FOR WHOLE BIRDS.

BURRITO BOWLS

START TO FINISH 35 minutes

- 2 cups water
- 1 cup long grain white rice
- ½ tsp. salt
- 1 lb. skinless, boneless chicken breast halves or boneless pork loin, cut into thin bite-size strips
- 1 Tbsp. taco seasoning mix
- Nonstick cooking spray
- 1 fresh poblano chile pepper, cut into thin strips (tip, p. 28)
- 2 cups frozen whole kernel corn, thawed
- 1 cup canned black beans, rinsed and drained
- 1 lime
- 1 medium avocado, halved, seeded, and peeled
- 2 Tbsp. vegetable oil
- 5 cups shredded romaine lettuce
- 1 cup refrigerated pico de gallo
- ¼ cup shredded Mexican-style four-cheese blend (1 oz.)
- Lime wedges and/or chopped fresh cilantro (optional)

1. In a 2-qt. saucepan combine the water, rice, and ½ tsp. of the salt. Bring to boiling; reduce heat. Cover; simmer 15 minutes. Do not lift cover. Remove from heat. Let stand, covered, 10 minutes. Fluff rice with a fork.

2. Meanwhile, in a bowl toss together chicken strips, 2 tsp. of the taco seasoning, and the remaining ¼ tsp. salt. Coat a 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook chicken and poblano pepper in hot skillet 4 to 6 minutes or until chicken is no longer pink, stirring

occasionally. Reduce heat to medium-low. Add corn and beans; cook about 2 minutes or until heated.

3. Remove ½ tsp. zest and squeeze 3 Tbsp. juice from lime. In a bowl mash together avocado and lime zest. In another bowl whisk together oil, the remaining 1 tsp. taco seasoning, and the lime juice.

4. Divide lettuce among six bowls. Add rice and chicken mixture. Spoon avocado mixture into centers of bowls. Top with pico de gallo and cheese. Drizzle with lime juice mixture. If desired, serve with lime wedges and/or cilantro. **Makes 6 servings (1 bowl each).**

EACH SERVING 415 cal., 12 g fat (3 g sat. fat), 59 mg chol., 662 mg sodium, 51 g carb., 5 g fiber, 4 g sugars, 25 g pro.

BUFFALO CHICKEN BURGERS

START TO FINISH 35 minutes

- 1½ lb. uncooked ground chicken
- 3 Tbsp. Buffalo wing sauce
- 1 Tbsp. vegetable oil
- 1 Tbsp. butter, melted
- ¼ cup light sour cream
- 2 Tbsp. mayonnaise
- 3 Tbsp. crumbled blue cheese
- 1 Tbsp. sliced green onion
- 4 ciabatta buns or hamburger buns, split and toasted (tip, p. 194)
- 4 1-oz. slices cheddar cheese (optional)
- Green leaf lettuce leaves
- Sliced tomato



1. In a bowl combine ground chicken and 2 Tbsp. of the Buffalo wing sauce; mix well. Shape mixture into four ¾-inch-thick patties.

2. In a 12-inch nonstick skillet heat oil over medium heat. Cook patties in hot oil 12 to 15 minutes or until done (165°F), turning once.

3. In a bowl combine melted butter and the remaining 1 Tbsp. Buffalo wing sauce. Brush butter mixture on both sides of patties.

4. Meanwhile, for blue cheese dressing, in a bowl stir together sour cream, mayonnaise, blue cheese, and green onion.

5. Serve patties in buns with cheddar cheese (if desired). Top with lettuce, tomato, and blue cheese dressing.

Makes 4 sandwiches.

EACH SANDWICH 492 cal., 29 g fat (9 g sat. fat), 166 mg chol., 1,037 mg sodium, 24 g carb., 5 g fiber, 3 g sugars, 34 g pro.

WHAT ARE SHEET-PAN DINNERS? THESE ONE-PAN MEALS START WITH THE ALL-PURPOSE SHEET PAN (A SHALLOW-RIMMED 15×10-INCH BAKING PAN). THE MEAT AND VEGGIES ARE ROASTED TOGETHER, AND CLEANUP IS EXTRA EASY (ESPECIALLY IF YOU LINE THE PAN WITH FOIL).



ROAST TURKEY SHEET-PAN DINNER

HANDS-ON TIME 15 minutes
ROAST 35 minutes at 400°F

- Nonstick cooking spray
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. black pepper
- ½ tsp. salt
- 2 turkey breast tenderloins (1½ lb. total)
- 3 carrots, peeled and cut into bite-size pieces
- 2 tsp. olive oil
- ½ cup orange marmalade
- 1 Tbsp. grated fresh ginger
- 1 lb. fresh Brussels sprouts, trimmed and halved

1. Preheat oven to 400°F. Lightly coat a 15×10-inch baking pan with cooking spray. For rub, in a bowl stir together onion powder, garlic powder, pepper, and ¼ tsp. of the salt. Sprinkle over turkey; rub in with your fingers.

Place tenderloins in one side of the prepared pan.

2. In a bowl toss carrots with olive oil to coat. Place carrots in opposite side of baking pan. Roast, uncovered, 15 minutes.

3. Meanwhile, in a 2-qt. saucepan combine orange marmalade, ginger, and the remaining ¼ tsp. salt. Heat and stir over low heat until melted. Reserve 2 Tbsp. of the marmalade mixture. Add Brussels sprouts to the saucepan; stir to coat. Add Brussels sprouts to carrots in baking pan after 15 minutes of roasting; stir to combine. Brush turkey with the reserved marmalade mixture.

4. Roast, uncovered, 20 to 25 minutes more or until turkey is done (165°F) and vegetables are tender, stirring vegetables once. Slice turkey; serve with vegetables. **Makes 6 servings (3 oz. turkey + 1 cup vegetables each).**

EACH SERVING 260 cal., 3 g fat (1 g sat. fat), 51 mg chol., 325 mg sodium, 31 g carb., 5 g fiber, 21 g sugars, 30 g pro.

TURKEY SKEWERS WITH NECTARINE SALSA

HANDS-ON TIME 40 minutes
MARINATE 30 minutes
GRILL 16 minutes

- ¼ cup fresh lime juice
- 2 tsp. olive oil
- 1 tsp. dried oregano, crushed
- 1 tsp. ground cumin
- ½ tsp. cayenne pepper
- ¼ tsp. salt

1¼ lb. turkey breast tenderloins, cut crosswise into eight 1½-inch-thick slices

- 1 recipe Nectarine Salsa
- 1 large red onion, cut into 8 wedges

1. For marinade, in a large resealable plastic bag set in a shallow dish combine the first six ingredients (through salt). Add turkey pieces; seal bag. Turn to coat. Marinate in the refrigerator 30 minutes to 8 hours, turning bag occasionally.

2. If using wooden skewers, soak in water 30 minutes. Just before grilling, prepare Nectarine Salsa. Coat onion wedges with nonstick cooking spray. On eight 6-inch skewers thread onion and turkey pieces.

3. Grill skewers, covered, over medium heat 16 to 20 minutes or until turkey is done (170°F), turning occasionally (grilling tips, p. 22). Serve turkey skewers with Nectarine Salsa. **Makes 4 servings (2 slices turkey + 2 onion wedges + ½ cup salsa each).**

NECTARINE SALSA In a medium bowl combine 2 Tbsp. peach or apricot preserves, 2 Tbsp. lime juice, 1 Tbsp. chopped fresh cilantro, and ½ tsp. each salt and cayenne pepper. Stir in 1 cup chopped nectarines and ¼ cup each finely chopped red onion and finely chopped green sweet pepper.

EACH SERVING 230 cal., 4 g fat (1 g sat. fat), 63 mg chol., 705 mg sodium, 21 g carb., 2 g fiber, 13 g sugars, 27 g pro.



TURKEY SKEWERS WITH
NECTARINE SALSA



SLOPPY TURKEY AND CHILI JOES

HANDS-ON TIME 10 minutes

COOK 15 minutes

- 16 to 20 oz. ground turkey breast
- ½ cup chopped onion
- 1 medium fresh poblano pepper, seeded and chopped (tip, p. 28)
- 1 15-oz. can tomato sauce
- 2 Tbsp. packed brown sugar
- 1 Tbsp. Worcestershire sauce
- 2 tsp. chili powder
- ½ tsp. garlic powder
- Salt and black pepper
- 4 kaiser rolls, split and toasted
- ½ medium red onion, sliced

1. In a 10-inch nonstick skillet cook turkey, onion, and poblano pepper until turkey is no longer pink, stirring occasionally. Stir in the next five ingredients (through garlic powder). Bring to boiling; reduce heat. Cover and simmer 15 minutes, stirring occasionally. Season to taste with salt and black pepper.

2. Fill kaiser rolls with turkey mixture. Top with sliced onion. **Makes**

4 sandwiches.

EACH SANDWICH 373 cal., 4 g fat (0 g sat. fat), 70 mg chol., 1,098 mg sodium, 50 g carb., 4 g fiber, 13 g sugars, 36 g pro.

QUICK THAWING. TO QUICK-THAW, YOU CAN MICROWAVE POULTRY ON THE DEFROST SETTING, BUT IT MUST BE COOKED RIGHT AWAY AFTER THAWING.







SWEET POTATOES AND
BOK CHOY WITH MISO

SWEET POTATOES AND BOK CHOY WITH MISO

START TO FINISH 30 minutes

- 1½ lb. assorted sweet potatoes,
peeled and cut into 1-inch chunks
- 6 heads baby bok choy, halved
lengthwise
- ¼ cup minced fresh ginger
- 2 Tbsp. red or brown miso paste
- 2 Tbsp. lime juice
- 2 Tbsp. cider vinegar
- 2 tsp. maple syrup
- 2 cloves garlic, minced
- 6 Tbsp. canola oil
- 12 oz. cooked chicken breast
(optional)
- 2 cups hot cooked red or white
quinoa
- Sesame seeds (optional)

1. Place a steamer basket in a 10-inch skillet or large pot. Add water to just below the basket. Bring to boiling; reduce heat. Add sweet potatoes to basket; cover. Steam 10 minutes. Add bok choy; cover. Steam about 5 minutes more or until tender.

2. Meanwhile, for dressing, in a bowl whisk together the next six ingredients (through garlic). Drizzle in canola oil, whisking constantly to blend.

3. Serve sweet potatoes, bok choy, and chicken (if desired) over quinoa; drizzle with dressing. If desired, sprinkle with sesame seeds. **Makes 4 servings (1 cup potatoes + 3 bok choy halves + ½ cup quinoa each).**

EACH SERVING 492 cal., 23 g fat (2 g sat. fat), 0 mg chol., 515 mg sodium, 64 g carb., 10 g fiber, 12 g sugars, 10 g pro



MOROCCAN CHICKEN
AND PEPPERS

MOROCCAN CHICKEN AND PEPPERS

START TO FINISH 35 minutes

- 1 tsp. coriander seeds
- 1 tsp. cumin seeds
- 1 to 2 small dried red chiles (such as
chile de árbol), torn into pieces
(tip, p. 28)
- ½ tsp. kosher salt
- ¼ tsp. ground cinnamon
- 8 skinless, boneless chicken thighs
- 2 Tbsp. olive oil
- 6 cups coarsely chopped red and/or
yellow sweet peppers
- 1 Meyer lemon, sliced
- Harissa Paste (p. 34) (optional)

1. In a spice grinder, grind coriander, cumin, and chiles; stir in salt and cinnamon. Sprinkle mixture over chicken.

2. In a 12-inch skillet heat olive oil over medium-high heat. Cook chicken 15 to 17 minutes or until done (170°F). Transfer chicken to a platter; cover to keep warm. Add peppers and lemon to skillet. Cook 6 to 8 minutes or until tender, stirring occasionally. Serve chicken with peppers and, if desired, Harissa Paste. **Makes 4 servings (2 thighs + 1 cup peppers each).**

EACH SERVING 443 cal., 19 g fat (4 g sat. fat), 266 mg chol., 569 mg sodium, 7 g carb., 3 g fiber, 4 g sugars, 57 g pro.



FLASH IN THE PAN. WHETHER YOU COAT IT WITH CORNMEAL, BREAD CRUMBS, CRUSHED POTATO CHIPS, OR SPICY SEASONED FLOUR, THIS SUPER-QUICK-TO-FIX FISH WILL HAVE A NICE, CRISP CRUST.

PAN-FRIED FISH

START TO FINISH 20 minutes

- 1 lb. fresh or frozen skinless fish fillets, $\frac{1}{2}$ to $\frac{3}{4}$ inch thick
- 1 egg, lightly beaten
- 2 Tbsp. water
- $\frac{2}{3}$ cup cornmeal or fine dry bread crumbs
- $\frac{1}{2}$ tsp. salt
- Dash black pepper
- Vegetable oil or shortening for frying
- 1 recipe Tartar Sauce (optional)

1. Thaw fish if frozen (tip, p. 108).

Cut into four serving-size pieces.

In a shallow dish combine egg and the water. In another shallow dish combine cornmeal, salt, and pepper. Dip fish into egg mixture; coat with cornmeal mixture.

2. Preheat oven to 300°F. In a 10-inch skillet heat $\frac{1}{4}$ inch vegetable oil. Add half of the fish in a single layer; fry on one side until golden. Turn carefully. Fry until second side is golden and fish flakes easily. Allow 3 to 4 minutes per side. Drain on paper towels. Keep warm in oven while frying remaining fish. If desired, serve with Tartar Sauce and/or lemon wedges and/or fresh dill.

Makes 4 servings (1 piece each).

EACH SERVING 255 cal., 13 g fat (2 g sat. fat), 101 mg chol., 230 mg sodium, 12 g carb., 1 g fiber, 0 g sugars, 23 g pro.

TARTAR SAUCE In a bowl stir together $\frac{3}{4}$ cup mayonnaise, $\frac{1}{4}$ cup sweet or dill pickle relish, 2 Tbsp. finely chopped onion, 1 Tbsp. chopped fresh dill or 1 tsp. dried dill, 1 tsp. lemon juice, and, if desired, 2 tsp. capers, drained. Cover and chill at least 2 hours and up to 1 week.

POTATO CHIP PAN-FRIED FISH

Prepare as directed, except substitute $1\frac{1}{2}$ cups finely crushed potato chips (about 4 cups chips) or saltine crackers for the cornmeal and omit salt.

SPICY-HOT PAN-FRIED FISH Prepare as directed, except omit black pepper. Reduce cornmeal to $\frac{1}{4}$ cup and combine with $\frac{1}{4}$ cup all-purpose flour, $\frac{3}{4}$ tsp. cayenne pepper, and $\frac{1}{2}$ tsp. each chili powder, garlic powder, and paprika.



Gently press each egg-coated fish piece in the cornmeal mixture to coat the fish; turn the piece over to coat the other side.



When the first side of the fish is golden, flip each portion over using a large spatula and a fork to steady the piece. When turning the fish, be careful to avoid splattering oil. Cook until the second side is golden.



To test for doneness, insert the tines of a fork into the fish and gently twist. It should easily flake when done. Check it at the minimum cooking time.

THAWING FISH. THE BEST WAY TO THAW FISH IS TO LET IT THAW GRADUALLY IN THE FRIDGE OVERNIGHT. IF YOU MUST THAW FISH QUICKLY, PLACE IT IN A RESEALABLE PLASTIC BAG AND IMMERSE IN COLD WATER. IF IT WILL BE COOKED IMMEDIATELY AFTER THAWING, YOU CAN MICROWAVE IT ON THE DEFROST SETTING, STOPPING WHEN FISH IS STILL ICY BUT PLIABLE.

FISH AND CHIPS

START TO FINISH 1 hour

- 1 lb. fresh or frozen skinless fish fillets, about ½ inch thick
- 1¼ lb. medium potatoes (about 4)
Vegetable oil or shortening for deep-fat frying
- 1 cup all-purpose flour
- ½ cup beer
- 1 egg
- ¼ tsp. baking powder
- ¼ tsp. salt
- ¼ tsp. black pepper
- Coarse salt
- Serve-alongs, such as Tartar Sauce (p. 107), malt vinegar or cider vinegar, and/or lemon wedges (optional)

1. Thaw fish if frozen (tip, above).

Preheat oven to 300°F. Cut fish into 3×2-inch pieces. Cover and chill until needed.

2. For chips, cut the potatoes lengthwise into ½-inch-wide wedges. Pat dry with paper towels. In a 3-qt. saucepan or deep-fat fryer heat 2 inches vegetable oil to 375°F. Fry potatoes, one-fourth at a time, 4 to 6 minutes or until tender and light brown. Remove potatoes; drain on paper towels. Transfer potatoes to a wire rack set on a baking sheet, arranging them in a single layer. Keep warm in oven.

3. Meanwhile, place ½ cup of the flour in a shallow dish. For batter, in a bowl whisk together the remaining ½ cup

flour and the next five ingredients (through pepper) until smooth. Coat fish with flour; shake off excess. Dip into batter to coat.

4. Fry fish, two or three pieces at a time, in the hot (375°F) oil 4 to 6 minutes or until coating is golden brown and fish flakes easily, turning once. Drain fish on paper towels. Transfer fish to a second baking sheet; keep warm in oven while frying remaining fish. Sprinkle fish and chips with coarse salt. If desired, serve with serve-alongs. **Makes 4 servings (3 oz. fish + 8 potato wedges each).**

EACH SERVING 552 cal., 29 g fat (4 g sat. fat), 101 mg chol., 449 mg sodium, 43 g carb., 4 g fiber, 1 g sugars, 27 g pro.





GRILLED SALMON
AND LEEKS

GRILLED SALMON AND LEEKS

START TO FINISH 30 minutes

- 4 thin leeks (about 1½ lb.)
- 2 Tbsp. olive oil
- ½ tsp. salt
- ½ tsp. black pepper
- 1 sprig fresh rosemary
- 4 4- to 6-oz. skin-on salmon fillets,
¾ to 1 inch thick
- ¼ cup unsalted butter, softened
- 2 tsp. Dijon mustard

1. Trim dark green tops and root ends from leeks, leaving ends intact. Cut leeks in half lengthwise; peel off tough outer leaves. Wash leeks; pat dry. (Keep leeks a little wet to prevent them from burning on the grill.) Brush leeks with 1 Tbsp. of the oil; season with ¼ tsp. each of the salt and pepper.

2. On a grill or in a grill pan grill rosemary sprig, uncovered, over medium-high heat 1 to 2 minutes or until lightly charred; remove. Grill leeks, uncovered, 5 to 7 minutes or until tender, turning occasionally. Remove from grill; cover.

3. Brush salmon with the remaining 1 Tbsp. oil; season with the remaining ¼ tsp. each salt and pepper. Grill, skin sides up, 4 minutes; turn salmon over. Grill about 2 minutes or until fish flakes easily. Remove from grill.

4. Strip rosemary leaves from stem; chop leaves. In a bowl stir together butter, mustard, and 1 tsp. of the chopped rosemary. Spread butter on fish and leeks; sprinkle with the remaining chopped rosemary.

Makes 4 servings (1 fillet + 1 leek each).

EACH SERVING 369 cal., 26 g fat (9 g sat. fat), 93 mg chol., 415 mg sodium, 11 g carb., 1 g fiber, 3 g sugars, 24 g pro.

STRIPED BASS IN WINE

START TO FINISH 25 minutes

- ½ cup dry white wine
- ¼ cup water
- ¼ cup olive oil
- 2 medium tomatoes, sliced
- 2 shallots, sliced ¼ inch thick
- 6 fresh thyme sprigs
- ¼ tsp. kosher salt
- 1 lb. skinless striped bass, red snapper, or halibut fillets, cut into 4 pieces

1. In a 10-inch skillet combine wine, the water, and oil. Add tomatoes, shallots, thyme, and salt. Bring to boiling; reduce heat. Simmer, uncovered, 3 to 5 minutes or until tomatoes soften.

2. Place fish in skillet; spoon broth over fish. Reduce heat to medium-low. Cook, covered, 8 to 10 minutes or until fish flakes easily. Transfer fish and tomatoes to bowls. Discard thyme sprigs. Ladle broth mixture into bowls. Add additional fresh thyme.

Makes 4 servings (1 piece fish + ½ cup broth mixture each).

EACH SERVING 272 cal., 16 g fat (2 g sat. fat), 91 mg chol., 155 mg sodium, 5 g carb., 1 g fiber, 3 g sugars, 21 g pro

STRIPED BASS IN WINE



CRISPY SHRIMP
SANDWICHES



CRISPY SHRIMP SANDWICHES

START TO FINISH 30 minutes

- 20 large shrimp (1 lb.), peeled and deveined
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup cornmeal
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ tsp. smoked paprika
- $\frac{1}{2}$ tsp. coarse salt
- Vegetable oil for frying (tip, p. 27)
- 4 5-inch portions French-style baguettes, split and hollowed out
- $\frac{3}{8}$ cup sliced pickled hot cherry peppers
- 4 green onions, thinly sliced
- 4 butter lettuce leaves
- $\frac{1}{4}$ cup mayonnaise

1. Place shrimp in a shallow bowl. Add milk, turning to coat shrimp. In a shallow dish stir together cornmeal, flour, paprika, and salt. Place half the shrimp in flour mixture; toss to coat. Transfer to a tray. Repeat with remaining shrimp.

2. In a 10-inch skillet heat $\frac{1}{4}$ inch of the oil (about 2 cups) over medium heat. Carefully place shrimp, half at a time, in pan. Cook about 2 minutes or until golden brown on one side. Turn and cook about 1 minute more or until shrimp turn opaque. Transfer to a paper towel-lined tray.

3. Arrange shrimp on bread portion bottoms. Top with peppers, onions, and lettuce. Spread mayonnaise on bread portion tops; add to sandwiches. **Makes 4 sandwiches.**

EACH SANDWICH 553 cal, 25 g fat (4 g sat. fat), 167 mg chol., 896 mg sodium, 51 g carb., 1 g fiber, 2 g sugars, 27 g pro.



CREAMY SPRING
VEGETABLES AND
SMOKED TROUT

CREAMY SPRING VEGETABLES AND SMOKED TROUT

START TO FINISH 20 minutes

- 1 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- 8 oz. cremini or other mushrooms, sliced
- 3 medium carrots, thinly bias-sliced
- $\frac{3}{8}$ cup fresh shelled or frozen peas
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ tsp. kosher salt
- $\frac{1}{4}$ tsp. black pepper
- 8 oz. smoked trout, skin removed
- 2 Tbsp. chopped fresh chives
- 1 large bunch watercress, tough stalks removed

1. In a 10-inch skillet heat olive oil and butter over medium heat. Add mushrooms; cook about 2 minutes or until they release their liquid. Stir in carrots; cover. Cook 3 minutes; uncover. Add peas, cream, the water, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 4 minutes or until peas are tender, stirring occasionally.

2. Break trout into pieces; gently stir into skillet and heat through. Stir in chives. Top with watercress.

Makes 4 servings (1 cup each).

EACH SERVING 294 cal, 21 g fat (10 g sat. fat), 84 mg chol., 755 mg sodium, 11 g carb., 3 g fiber, 6 g sugars, 17 g pro.

EAT MORE FISH. GETTING THE HEART-HEALTHY OMEGA-3 FATTY ACIDS WE'RE ALL SUPPOSED TO EAT MORE OF IS NO CHORE WHEN IT'S AS DELICIOUS—AND EASY—AS EITHER ONE OF THESE FAST AND FLAVORFUL DISHES.



PARMESAN-CRUSTED COD

HANDS-ON TIME 20 minutes
BAKE 15 minutes at 400°F

- 4 5- to 6-oz. fresh or frozen skinless cod fillets, 1 inch thick
- 2 medium zucchini and/or yellow summer squash, cut into ¾-inch pieces (about 3 cups)
- 2 cloves garlic, minced
- ¼ cup olive oil

- ¼ tsp. black pepper
- ¼ cup panko bread crumbs (tip, p. 24)
- ¼ cup grated Parmesan cheese
- 2 Tbsp. chopped fresh parsley
- ⅓ tsp. salt

1. Thaw fish if frozen (tip, p. 108). Preheat oven to 400°F. In a 15×10-inch baking pan combine squash and garlic. Drizzle with 2 Tbsp. of the oil; toss to coat. Place fish in pan with squash in a single layer. Sprinkle fish and squash with pepper. In a bowl combine panko, Parmesan cheese, parsley, and salt. Drizzle with the remaining 2 Tbsp. oil; toss to coat. Sprinkle Parmesan mixture on top of fish; press lightly to adhere.

2. Bake about 15 minutes or until fish flakes easily and crumbs are golden. If desired, sprinkle with additional chopped fresh parsley.

Makes 4 servings (1 fillet + ½ cup vegetables each).

EACH SERVING 289 cal., 16 g fat (3 g sat. fat), 65 mg chol., 260 mg sodium, 7 g carb., 1 g fiber, 3 g sugars, 28 g pro.

BROILED FISH WITH ROSEMARY

START TO FINISH 20 minutes

- 4 4- to 6-oz. fresh or frozen skinless halibut or salmon fillets, cut ½ to 1 inch thick
- 2 tsp. olive oil
- 2 tsp. lemon juice
- ⅓ tsp. salt
- ⅓ tsp. black pepper
- 2 cloves garlic, minced
- 1 Tbsp. capers, rinsed and drained
- 1 tsp. finely chopped fresh rosemary or parsley

1. Thaw fish if frozen (tip, p. 108).

Preheat broiler. Measure thickness of fish. Brush fish with oil and lemon juice; sprinkle with salt and pepper. Sprinkle garlic on fish; rub in with your fingers.

2. Place fish on the greased unheated rack of a broiler pan. Broil 4 to 5 inches from heat or until fish flakes easily. Allow 4 to 6 minutes per ½-inch thickness of fish, turning once if fish is 1 inch thick or more. Before serving, top fish with capers and rosemary.

Makes 4 servings (1 fillet each).

EACH SERVING 127 cal., 4 g fat (1 g sat. fat), 56 mg chol., 201 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 21 g pro.

BROILER PAN

The broiler pan is a special two-piece slotted pan that allows fat and juices to drip away (similar to a grill). For easy cleanup, you can line both parts of the pan with foil; just cut slits in the foil on the slotted part. If you don't have a broiler pan, use a foil-lined shallow-rimmed baking pan.





BROILED FISH
WITH ROSEMARY



TILAPIA VERACRUZ

COOKING “EN PAPILOTE.” THE TECHNIQUE OF COOKING FOOD IN A PARCHMENT PACKAGE, OR “IN PAPER,” IS IDEAL FOR FISH, AS IT KEEPS IT FROM DRYING OUT AND CAPTURES ALL OF THE FLAVORFUL COOKING JUICES.

TILAPIA VERACRUZ

START TO FINISH 25 minutes

- 4 6- to 8-oz. fresh or frozen skinless tilapia, red snapper, mahi mahi, or other fish fillets, 1 inch thick
- 1 Tbsp. olive oil
- 1 small onion, cut into thin wedges
- 1 fresh jalapeño chile pepper, seeded and finely chopped (tip, p. 28) (optional)
- 1 clove garlic, minced
- 1 14.5-oz. can diced tomatoes, undrained
- 1 cup sliced fresh cremini or button mushrooms
- $\frac{3}{4}$ cup pimiento-stuffed olives, coarsely chopped
- 1 Tbsp. chopped fresh oregano or $\frac{1}{2}$ tsp. dried oregano, crushed
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. black pepper
- 2 cups hot cooked rice

1. Thaw fish if frozen (tip, p. 108).
2. For sauce, in a 12-inch skillet heat olive oil over medium heat. Add onion, chile pepper (if desired), and garlic; cook and stir 2 to 3 minutes or until onion is tender. Add the next six ingredients (through black pepper). Bring to boiling.

3. Place fish in skillet, spooning sauce over fish. Return to boiling; reduce heat. Simmer, covered, 8 to 10 minutes or just until fish flakes. Carefully lift fish from skillet to a serving dish. Spoon sauce over fish. Serve with hot cooked rice. **Makes 4 servings (1 fillet + $\frac{1}{2}$ cup sauce + $\frac{1}{2}$ cup rice each).**

EACH SERVING 363 cal., 10 g fat (2 g sat. fat), 84 mg chol., 1,111 mg sodium, 31 g carb., 3 g fiber, 5 g sugars, 38 g pro.

SPANISH COD AND ORZO PACKETS

HANDS-ON TIME 20 minutes
BAKE 20 minutes at 350°F

- 4 4- to 6-oz. fresh or frozen cod or other whitefish fillets
- 1 cup dried orzo
- 1 Tbsp. chopped fresh oregano
- 1 cup red and/or yellow cherry or grape tomatoes, halved
- $\frac{3}{4}$ cup halved pimiento-stuffed green and/or Kalamata olives
- 1 small onion, cut into very thin wedges
- 4 cloves garlic, thinly sliced
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper
- 1 lemon, thinly sliced

1. Thaw fish if frozen (tip, p. 108). Preheat oven to 350°F. Cut four 15-inch squares of parchment paper. Cook orzo according to package directions. Stir oregano into cooked orzo. Spoon orzo onto one side of each sheet of parchment. Layer the next four ingredients (through garlic) next to orzo. Top with fish fillets.

2. Stir together olive oil, lemon juice, salt, and pepper. Drizzle over fish and vegetables. Top with lemon slices.

3. Fold parchment over fish and vegetables; fold open edges of parchment several times to secure. Place packets in two shallow baking pans. Place pans on separate oven racks. Bake about 20 minutes or until fish flakes easily. Carefully open packets. If desired, sprinkle with additional snipped fresh oregano.

Makes 4 servings (1 packet each).

EACH SERVING 417 cal., 14 g fat (2 g sat. fat), 71 mg chol., 654 mg sodium, 38 g carb., 3 g fiber, 4 g sugars, 35 g pro.

**SALMON WITH
TOMATOES
AND OLIVES**

SALMON WITH TOMATOES AND OLIVES

START TO FINISH 30 minutes

- 4** 4-oz. fresh or frozen skinless salmon fillets
Salt and black pepper
- 1** Tbsp. olive oil
- ¼** cup sliced shallots
- 2** cloves garlic, minced
- 2** cups red and/or yellow grape or cherry tomatoes, halved if large
- ½** cup halved pitted Kalamata olives
Zest of 1 small orange, cut into strips
Small fresh oregano leaves

1. Thaw salmon, if frozen (tip, p. 108). Season with salt and pepper. In a 12-inch nonstick skillet heat oil over medium-high heat. Add salmon; cook 6 to 8 minutes or just until fish flakes, turning once. Remove fish from skillet; cover to keep warm.

2. In the same skillet cook shallots and garlic over medium heat 2 to 3 minutes or until tender. Add tomatoes; cook 2 to 3 minutes or until tomatoes soften and begin to juice. Stir in olives and orange zest.

3. Return salmon to skillet. Sprinkle with oregano. **Makes 4 servings (1 fillet + ½ cup tomatoes each).**

EACH SERVING 257 cal., 13 g fat (2 g sat. fat), 62 mg chol., 316 mg sodium, 11 g carb., 3 g fiber, 5 g sugars, 24 g pro.

FISH TACOS WITH LIME SAUCE

START TO FINISH 30 minutes

- 1** lb. fresh or frozen catfish or other whitefish fillets
- 3** limes
- ½** cup mayonnaise
- 1** tsp. chili powder
- ½** cup all-purpose flour
- ½** tsp. salt
- 2** Tbsp. vegetable oil

- 8** taco shells or 6-inch flour tortillas, warmed
- 1** cup shredded cabbage
- ½** cup shredded carrot
- 1** fresh jalapeño or serrano chile pepper, thinly sliced (tip, p. 28)

1. Thaw fish if frozen (tip, p. 108). Cut fish into 1-inch pieces.

2. For sauce, squeeze the juice from two of the limes into a bowl; stir in mayonnaise and chili powder. Cut the remaining lime into wedges. Transfer ½ cup of the sauce to a medium bowl. Add fish; toss gently to coat.

3. In a shallow dish stir together flour and salt. Add fish pieces, a few at a time, tossing to coat. In a 10-inch skillet heat oil over medium heat. Add fish, about one-third at a time, and cook 2 to 4 minutes or just until fish flakes, turning to brown evenly and adding more oil as needed during cooking. Remove with a slotted spoon and drain on paper towels.

4. Fill taco shells (if using) with fish, cabbage, carrot, and jalapeño pepper. (If using tortillas, lay each tortilla on a flat surface; layer ingredients down center. Fold sides over filling.) Serve with the remaining sauce and reserved lime wedges.

Makes 4 servings (2 tacos each).

EACH SERVING 652 cal., 39 g fat (5 g sat. fat), 67 mg chol., 557 mg sodium, 41 g carb., 2 g fiber, 2 g sugars, 31 g pro.



FISH TACOS WITH
LIME SAUCE



PLANK-SMOKED
SALMON

PLANK-SMOKED SALMON

HANDS-ON TIME 25 minutes

SOAK 1 hour

MARINATE 1 hour

GRILL 30 minutes

- 1 2-lb. fresh or frozen salmon fillet with skin
- 1 grilling plank (15×6½×¾-inch)
- ¼ cup reduced-sodium soy sauce
- ¼ cup balsamic vinegar
- 3 Tbsp. honey
- 1 Tbsp. grated fresh ginger
- ½ tsp. crushed red pepper
- 3 red, yellow, and/or orange sweet peppers
- 3 Tbsp. thinly sliced fresh basil
- 2 Tbsp. chopped pitted Kalamata olives
- 2 tsp. olive oil
- 2 tsp. balsamic vinegar
- ¼ tsp. salt
- ¼ tsp. black pepper
- ¼ cup bias-sliced green onions

1. Thaw salmon, if frozen (tip, p. 108). Soak grilling plank in enough water to cover at least 1 hour before grilling.

2. For marinade, in a bowl stir together the next five ingredients (through crushed red pepper). Place salmon in a large resealable plastic bag set in a shallow dish. Pour marinade over salmon. Seal bag; turn to coat salmon. Marinate in the refrigerator 1 hour, turning occasionally. (Marinating longer will affect the flavor and texture of the fish.) Remove salmon from marinade; discard marinade.

3. Grill sweet peppers, covered, over medium heat 10 to 12 minutes or until blistered and charred, turning occasionally (grilling tips, p. 22). Wrap peppers in foil, folding edges together to enclose peppers; let stand 15 minutes. Using a knife, loosen edges of skins; gently pull off skins in strips

and discard. Chop peppers into ½-inch pieces, discarding stems, seeds, and membranes.

4. While peppers are standing, grill the plank, uncovered, over medium heat 3 to 5 minutes or until plank begins to crackle and smoke. Place salmon fillet, skin side down, on plank. Grill, covered, 18 to 22 minutes or just until fish flakes.

5. In a medium bowl stir together the chopped sweet peppers and the next six ingredients (through black pepper). Sprinkle salmon with green onions and serve with sweet pepper mixture.

Makes 8 servings (4 oz. salmon + 3 Tbsp. sweet pepper mixture each).

EACH SERVING 196 cal., 9 g fat (1 g sat. fat), 62 mg chol., 197 mg sodium, 5 g carb., 1 g fiber, 3 g sugars, 23 g pro.

SALMON CAKES If you are only serving Plank-Smoked Salmon to four people, save the other half of the prepared Plank-Smoked Salmon

(chill up to 3 days) for Salmon Cakes. In a large bowl beat 1 egg with a fork. Stir in ¾ cup soft bread crumbs, ¼ cup thinly sliced green onions, and 1 Tbsp. chopped fresh basil or cilantro. Using two forks, flake the chilled leftover salmon (about 15 oz.) into small pieces. Add salmon to bread crumb mixture; stir to combine. Using your hands, shape mixture into four ¾-inch-thick cakes. In a 12-inch skillet heat 1 Tbsp. each butter and olive oil over medium heat. Add salmon cakes in a single layer in skillet. Cook about 8 minutes or until done (160°F) and lightly browned, turning once. For topping, in a small bowl stir together ¼ cup each mayonnaise and sour cream, 1 Tbsp. chopped fresh cilantro, 1 tsp. lime zest, and 1 Tbsp. lime juice. Serve with salmon cakes and, if desired, lime wedges and fresh cilantro sprigs.



MUSSELS 101. MUSSELS HAVE DARK, ELONGATED SHELLS. CHOOSE SMALLER MUSSELS WHEN AVAILABLE—THE MEAT WILL BE MORE TENDER. MUSSELS SHOULD OPEN WHEN FULLY COOKED. IF YOU FIND A MUSSEL THAT HASN'T OPENED ON ITS OWN, DISCARD IT.



GRILLED MARGARITA SHRIMP AND SCALLOP SKEWERS

HANDS-ON TIME 40 minutes

GRILL 8 minutes

- 20 large fresh or frozen sea scallops (about 1½ lb. total)
- 20 large fresh or frozen shrimp (about 12 oz. total)
- ¼ cup tequila
- ¼ cup lime juice
- ¼ cup olive oil
- 2 Tbsp. chopped fresh oregano
- 2 tsp. sugar
- 2 tsp. salt
- 4 cloves garlic, sliced
- ½ tsp. paprika
- 1 1- to 1½-lb. jicama, peeled and cut into bite-size strips (4 cups)
- 1 medium avocado, halved, seeded, peeled, and thinly sliced
- ½ cup fresh cilantro leaves
- Black pepper

1. Thaw scallops and shrimp, if frozen. If using wooden skewers, soak in water 30 minutes. Peel and devein shrimp. Place scallops and shrimp in a large resealable plastic bag set in a shallow dish.

2. In a small bowl stir together next eight ingredients (through paprika). Set aside ½ cup of the tequila mixture to use in the jicama slaw. Pour the remaining tequila mixture over the scallops and shrimp. Seal bag; turn to coat scallops and shrimp. Marinate at room temperature 15 minutes, turning bag occasionally.

3. Meanwhile, for the jicama slaw, in a bowl combine jicama, avocado, and cilantro. Pour the reserved ½ cup tequila mixture over jicama mixture. Toss to combine. Season to taste with pepper. Cover and chill until ready to serve.

4. Drain scallops and shrimp; discard marinade. On six long skewers alternately thread scallops and shrimp, leaving ¼ inch between pieces. Grill skewers, covered, over medium-high heat 8 to 10 minutes or until scallops and shrimp are opaque, turning once (grilling tips, p. 22). Serve skewers with jicama slaw and, if desired, lime wedges. **Makes 6 servings (1 skewer + ½ cup slaw each).**

EACH SERVING 297 cal., 10 g fat (1 g sat. fat), 123 mg chol., 762 mg sodium, 14 g carb., 6 g fiber, 1 g sugars, 33 g pro.

BAJA MUSSELS

START TO FINISH 30 minutes

- 1 lb. fresh mussels
- 2 Tbsp. butter
- ½ cup chopped onion
- 1 fresh jalapeño chile pepper, seeded and finely chopped (tip, p. 28)
- 4 cloves garlic, sliced
- 1 cup chopped tomato
- ½ cup dry white wine
- Serve-alongs, such as toasted pine nuts, chopped fresh cilantro, lime wedges, and/or toasted baguette slices (optional)

1. Scrub mussels under cold running water. If present, remove beards by grasping it between your thumb and forefinger. Wriggle it back and forth while pulling out.

2. In a 12-inch deep skillet melt butter over medium heat. Add onion, jalapeño pepper, and garlic; cook about 5 minutes or until tender, stirring occasionally. Stir in tomato and wine; add mussels.

3. Bring to boiling; reduce heat. Simmer, covered, 3 to 4 minutes or until shells open. Discard mussels that do not open. Add desired serve-alongs.

Makes 4 servings (10 mussels + ½ cup broth each).

EACH SERVING 269 cal., 19 g fat (6 g sat. fat), 61 mg chol., 287 mg sodium, 14 g carb., 1 g fiber, 3 g sugars, 7 g pro.

BAJA MUSSELS







CURRY PASTE. BECAUSE EACH TYPE OF CURRY PASTE IS MADE WITH DIFFERENT CHILES, AROMATIC HERBS, AND SPICES, THE FLAVOR OF YOUR DISH WILL CHANGE BASED ON WHICH VARIETY YOU USE.

THAI GREEN CURRY SEAFOOD

START TO FINISH 35 minutes

- 1 lb. medium shrimp in shells, peeled and deveined, and/or sea scallops
- 1 Tbsp. canola oil
- 3 cloves garlic, minced
- 1 cup canned unsweetened coconut milk
- $\frac{1}{2}$ cup reduced-sodium chicken broth
- 1 Tbsp. fish sauce
- 2 tsp. packed brown sugar
- 2 Tbsp. green or yellow curry paste or 3 Tbsp. red curry paste
- 1 medium red or yellow sweet pepper, seeded and cut into thin bite-size strips
- $\frac{1}{2}$ of a small eggplant, peeled if desired, cut into bite-size pieces (2 cups)
- $\frac{1}{4}$ cup thinly sliced fresh basil leaves
- 1 tsp. lime zest
- 2 cups Hot Cooked Jasmine Rice

1. Thaw shrimp and/or scallops, if frozen. In a wok or 10-inch nonstick skillet heat oil over medium-high heat. Add garlic; cook 30 seconds.

2. Stir in coconut milk, broth, fish sauce, and brown sugar. Whisk in curry paste. Bring mixture to boiling. Boil gently, uncovered, 5 minutes, stirring occasionally. Stir in the seafood, sweet pepper, and eggplant. Boil gently about 5 minutes more or until seafood turns opaque, vegetables are just tender, and sauce has thickened slightly, stirring occasionally.

3. Remove from heat. Stir the basil and lime zest into seafood mixture. Serve over hot cooked rice. If desired, top with additional fresh basil and serve with lime wedges. **Makes 4 servings (1 cup seafood mixture + $\frac{1}{2}$ cup rice each).**

EACH SERVING 368 cal., 16 g fat (11 g sat. fat), 137 mg chol., 887 mg sodium, 34 g carb., 4 g fiber, 5 g sugars, 22 g pro.

HOT COOKED JASMINE RICE Pour any remaining canned coconut milk into a measuring cup; add enough water to equal $2\frac{1}{4}$ cups. In a 2-qt. saucepan combine coconut milk mixture and 1 cup uncooked jasmine rice. Bring to boiling; reduce heat. Simmer, covered, 20 minutes or until the liquid is absorbed and rice is tender.



BASIL-TOMATO TART
Recipe on page 154



MEATLESS

Whether you're simply eating less meat or cooking regularly for a vegetarian or two, you'll find plenty of fresh ideas here.



WALNUT-LENTIL BURGERS

FRESH ON TOP. WE LOVE TOPPINGS! PILE THE PATTIES WITH FRESH, VIBRANT INGREDIENTS SUCH AS BASIL OR OTHER HERBS, SAUTÉED RED SWEET PEPPERS, AND A LITTLE MAYONNAISE FOR RICHNESS.

WALNUT-LENTIL BURGERS

START TO FINISH 1 hour

- 3 Tbsp. olive oil
 - 6 oz. fresh mushrooms, finely chopped (2½ cups)
 - 2 cups cooked brown lentils
 - 1 cup walnut pieces
 - 1 tsp. dried herbes de Provence
 - 1 egg, lightly beaten
 - ½ cup fine dry bread crumbs
 - 4 sourdough hamburger buns, split and toasted (optional)
- Toppers:** fresh basil, sautéed sweet peppers, and/or mayonnaise (optional)

1. In a 12-inch skillet heat 1 Tbsp. of the oil over medium heat. Add mushrooms; cook and stir 6 minutes or until tender and liquid is evaporated.

2. In a food processor combine mushrooms, 1 cup of the lentils, ½ cup of the walnut pieces, the herbes de Provence, ½ tsp. salt, and ½ tsp. black pepper. Cover; pulse until nearly smooth. In a large bowl combine egg and bread crumbs; stir in mushroom mixture and remaining 1 cup lentils. Shape into four ½-inch-thick patties. Coat with remaining ½ cup walnuts, pressing to adhere.

3. In the same skillet heat remaining 2 Tbsp. oil over medium heat. Add patties; cook 6 minutes or until heated through, turning once. If desired, serve burgers in buns with toppings.

Makes 4 servings (1 patty each).

EACH SERVING 448 cal., 32 g fat (4 g sat. fat), 47 mg chol., 425 mg sodium, 31 g carb., 6 g fiber, 3 g sugars, 15 g pro.

FIERY QUINOA PATTIES

START TO FINISH 35 minutes

- ½ cup shredded carrot
- ½ cup shredded broccoli slaw mix
- ½ cup thinly sliced green onions
- 1 lime
- 2 eggs
- 2 Tbsp. reduced-sodium soy sauce
- ¼ tsp. salt
- ¼ tsp. cayenne pepper
- 1 cup cooked quinoa, cooled
- 1 cup canned cannellini (white kidney) beans, rinsed, drained, and coarsely mashed
- ½ cup fine dry bread crumbs
- 2 Tbsp. canola oil
- ¼ cup chopped roasted peanuts
- ¼ cup chopped fresh cilantro
- 8 Bibb lettuce leaves

1. In a food processor combine carrot, broccoli slaw, and ¼ cup of the green onions. Cover; pulse until finely chopped.

2. Remove 1 tsp. zest and squeeze 2 Tbsp. juice from lime. In a bowl whisk together lime juice and next four ingredients (through cayenne pepper). Add carrot mixture, quinoa, beans, and bread crumbs; mix well. Using damp hands, shape into eight ¾-inch-thick patties.



3. In a 10-inch nonstick skillet heat 1 Tbsp. of the oil over medium heat. Add four patties; cook 6 to 8 minutes or until golden and heated through, turning once. Remove from skillet. Repeat with remaining oil and patties.

4. In a bowl combine remaining green onions, lime zest, peanuts, and cilantro. Serve patties with peanut mixture, lettuce, and lime wedges.

Makes 4 servings (2 patties each).

EACH SERVING 326 cal., 15 g fat (2 g sat. fat), 93 mg chol., 751 mg sodium, 35 g carb., 6 g fiber, 4 g sugars, 14 g pro.

CHANGE IT UP. CUSTOMIZE YOUR SPINACH BURGER BY TOPPING IT WITH CRUMBLLED FETA, THINLY SLICED CUCUMBER OR RED ONION, PLAIN GREEK YOGURT, AND/OR ROASTED RED PEPPERS.



FRIED RICE

START TO FINISH 30 minutes

- 2 eggs, lightly beaten
- 1 tsp. soy sauce
- 1 tsp. toasted sesame oil or vegetable oil
- 1 small clove garlic, minced
- 1 Tbsp. vegetable oil
- ½ cup thinly bias-sliced celery
- ¾ cup sliced fresh mushrooms
- 2 cups chilled cooked white rice or one 8.8-oz. pouch cooked white rice
- ½ cup packaged fresh julienned carrot
- ½ cup frozen peas
- 2 Tbsp. soy sauce
- ¼ cup sliced green onions

1. In a small bowl combine eggs and the 1 tsp. soy sauce.
2. In a wok or 10-inch skillet heat sesame oil over medium heat. Add garlic; cook and stir 30 seconds. Add egg mixture and cook, without stirring, until set. Turn egg and cook just until set. Turn egg out onto a cutting board, roll it up, and cut into thin slices.
3. Pour vegetable oil into wok (add more oil as needed during cooking). Heat over medium-high heat. Add celery; cook and stir 1 minute. Add mushrooms; cook and stir 1 minute or until crisp-tender.
4. Add rice, carrot, peas, and the 2 Tbsp. soy sauce to wok. Cook and stir 4 to 6 minutes or until heated through. Add sliced eggs and green onions; cook and stir 1 minute more or until heated through. **Makes 3 servings (1 cup each).**

EACH SERVING 284 cal., 10 g fat (2 g sat. fat), 124 mg chol., 874 mg sodium, 38 g carb., 3 g fiber, 3 g sugars, 11 g pro.

PROTEIN BOOST Stir in 8 oz. extra-firm tofu, cut into ¾-inch cubes, or 1 cup thawed frozen edamame when adding the rice.

GREEK SPINACH BURGERS

START TO FINISH 30 minutes

- 2 Tbsp. olive oil
- 1 clove garlic, minced
- 1 tsp. dried oregano, crushed
- 1 tsp. dried dill (optional)
- ¼ tsp. black pepper
- 1 cup herb stuffing mix or toasted bread cubes (tip, p. 24)
- 2 eggs, lightly beaten
- 1 10-oz. pkg. frozen spinach, thawed, drained, and chopped
- ½ cup crumbled feta cheese (2 oz.)
- 4 whole wheat hamburger buns or rolls, split and toasted

1. In a large bowl combine first five ingredients (through pepper). Add stuffing mix, stirring to coat. Stir in eggs, spinach, and feta cheese. Shape into four ½-inch-thick patties.

2. Heat a griddle or 10-inch nonstick skillet over medium heat. Add patties; cook 10 to 12 minutes or until browned and heated, turning once. Serve in buns. **Makes 4 sandwiches.**

EACH SANDWICH 311 cal., 15 g fat (5 g sat. fat), 110 mg chol., 673 mg sodium, 29 g carb., 8 g fiber, 4 g sugars, 13 g pro.

GREEK SPINACH BURGERS





QUINOA CAPRESE
CASSEROLE



QUINOA CAPRESE CASSEROLE

HANDS-ON TIME 35 minutes

BAKE 30 minutes at 350°F

Nonstick cooking spray

- 2 cups water
- 1 cup quinoa, rinsed and drained
- 1½ cups marinara sauce
- 2 Tbsp. tomato paste
- ¾ cup finely shredded Parmesan cheese
- ⅓ cup heavy cream
- ½ tsp. crushed red pepper
- 1½ cups grape tomatoes, halved
- 1 cup shredded mozzarella cheese (4 oz.)
- ¾ cup thinly sliced fresh basil
- 6 oz. fresh mozzarella, cut into ½-inch cubes

1. Preheat oven to 350°F. Lightly coat a 2-qt. baking dish with cooking spray. In a 2-qt. saucepan combine the water, quinoa, and ½ tsp. salt. Bring to boiling; reduce heat. Simmer, covered, 15 minutes or until water is absorbed. Remove from heat. Let stand 5 minutes; fluff.

2. Meanwhile, in a 3- to 4-qt. saucepan combine marinara sauce and tomato paste. Cook and stir over low heat until smooth. Stir in Parmesan, cream, crushed red pepper, and ¼ tsp. black pepper. Bring to boiling; remove from heat. Stir in cooked quinoa. Fold in ¾ cup of the tomatoes, the shredded mozzarella, and ¼ cup of the basil. Spread mixture into prepared baking dish. Top with mozzarella cubes.

3. Bake 30 minutes or until heated through. Top with remaining ¾ cup tomatoes and ½ cup basil and, if desired, sprinkle with additional crushed red pepper. **Makes 5 servings (1 cup each).**

EACH SERVING 433 cal., 23 g fat (13 g sat. fat), 70 mg chol., 1,040 mg sodium, 33 g carb., 5 g fiber, 7 g sugars, 23 g pro.

MEDITERRANEAN FRIED QUINOA



MEDITERRANEAN FRIED QUINOA

START TO FINISH 30 minutes

- 2 cups reduced-sodium chicken broth
- 1 cup red quinoa, rinsed and drained
- 1 Tbsp. olive oil
- 3 cups ½-inch pieces eggplant
- ¾ cup coarsely chopped onion
- 2 cloves garlic, minced
- ½ tsp. coarse-ground black pepper
- 1 cup grape tomatoes
- 4 cups fresh baby spinach
- ½ cup pitted Kalamata olives, halved
- 1 Tbsp. chopped fresh oregano
- ¼ cup crumbled feta cheese (1 oz.)

1. In a 2-qt. saucepan bring broth to boiling; stir in quinoa. Return to

boiling; reduce heat. Simmer, covered, 15 minutes or until quinoa is tender; drain. Return quinoa to saucepan. Cook and stir over low heat to dry out any moisture.

2. In a 12-inch wok or skillet heat oil over medium-high heat. Add quinoa; cook and stir 2 to 4 minutes or until quinoa starts to brown. Add eggplant, onion, garlic, and pepper; cook and stir 3 minutes. Add tomatoes; cook 2 minutes or until tomatoes start to burst. Remove from heat. Add spinach, olives, and oregano; toss to combine. Sprinkle with feta and serve with lemon wedges. **Makes 4 servings (1½ cups each).**

EACH SERVING 291 cal., 10 g fat (2 g sat. fat), 8 mg chol., 593 mg sodium, 41 g carb., 8 g fiber, 6 g sugars, 11 g pro.





CREAMY FARRO PORTOBELLOS

START TO FINISH 40 minutes

- 3 cups vegetable broth
- 1 cup uncooked farro
- 6 5-inch fresh portobello mushrooms, stems and gills removed
- Nonstick cooking spray
- 2 cups coarsely chopped fresh Swiss chard leaves
- $\frac{1}{4}$ cup chopped dried tomatoes (not oil-packed)
- 2 tsp. chopped fresh thyme or $\frac{1}{2}$ tsp. dried thyme, crushed
- 4 oz. soft goat cheese (chèvre), cut up
- $\frac{1}{4}$ cup shredded Parmesan cheese (1 oz.)
- $\frac{1}{4}$ cup sliced green onions

1. For filling, in a 2-qt. saucepan bring broth to boiling; stir in farro. Return to boiling; reduce heat. Simmer, covered, 15 minutes.

2. Meanwhile, lightly coat both sides of mushrooms with cooking spray. Preheat a grill pan over medium heat. Working in batches, cook mushrooms 8 to 10 minutes or until tender, turning once.

3. Stir Swiss chard, dried tomatoes, and thyme into farro. Cook, covered, 5 to 10 minutes more or until farro is tender. Remove from heat. Stir in goat cheese.

4. To serve, place mushrooms, stemmed sides up, on a platter. Spoon farro mixture into mushrooms. Sprinkle with cheese, green onions, and *black pepper*. **Makes 6 servings (1 stuffed mushroom each).**

EACH SERVING 227 cal, 6 g fat (3 g sat. fat), 11 mg chol., 605 mg sodium, 31 g carb., 4 g fiber, 6 g sugars, 13 g pro.



BLACK BEAN AND SALSA PORTOBELLOS

Prepare as directed, except for filling, in a 2-qt. saucepan combine one 15-oz. can black beans, rinsed and drained; 1 cup salsa; 1 fresh jalapeño, seeded and chopped, (tip, p. 28); and salt and black pepper to taste. Heat through. Spoon into mushrooms. Top with $\frac{1}{2}$ cup crumbled queso fresco, fresh cilantro, and cayenne pepper. Serve with lime wedges.



RISOTTO PORTOBELLOS

Prepare as directed, except for filling, in a 10-inch skillet heat 2 Tbsp. oil over medium heat. Add $\frac{1}{4}$ cup chopped shallots; cook 2 minutes. Add 8 oz. asparagus, trimmed and cut into $\frac{1}{2}$ -inch pieces; cook and stir 3 minutes. Stir in $\frac{1}{2}$ cup dry white wine; season with salt and black pepper. Stir in $\frac{1}{2}$ cup uncooked Arborio rice and $\frac{1}{2}$ cup water; bring to boiling. Reduce heat; cook and stir until liquid is absorbed. Continue adding $\frac{1}{2}$ cup water at a time, stirring after each until water is absorbed (use 2 cups water total; cook 30 minutes or until rice is tender). Stir in $\frac{1}{2}$ cup grated Parmesan cheese and 2 tsp. lemon zest. Spoon into mushrooms; top with snipped fresh tarragon.



CHICKPEA AND FREEKEH SALAD

CHICKPEA AND FREEKEH SALAD

START TO FINISH 40 minutes

- 2½ cups water
- ½ cup uncooked freekeh
- 1 15- to 16-oz. can garbanzo beans (chickpeas), rinsed and drained
- 1 avocado, halved, seeded, peeled, and cubed
- 3 oz. feta cheese, cubed
- ¼ cup chopped drained roasted red pepper
- ½ cup chopped fresh mint
- ½ cup chopped fresh Italian parsley
- 1 clove garlic, minced
- 1 Tbsp. olive oil

1. In a 2-qt. saucepan bring the water to boiling; stir in freekeh. Return to boiling; reduce heat. Cook, covered, 20 minutes or until freekeh is tender and most of the liquid is absorbed. Drain any excess liquid. Rinse under cold water to cool quickly; drain again.

2. Meanwhile, in a large bowl combine next seven ingredients (through garlic). Drizzle with oil; toss.

3. Stir freekeh into bean mixture. Season to taste with *salt* and *black pepper*. If desired, top with sliced *pickled pepperoncini peppers* and *cherry tomatoes*. **Makes 4 servings (1½ cups each).**

EACH SERVING 318 cal, 15 g fat (5 g sat. fat), 19 mg chol, 370 mg sodium, 36 g carb., 11 g fiber, 4 g sugars, 12 g pro.

SWEET POTATO BURRITO BOWLS

HANDS-ON TIME 10 minutes

COOK 45 minutes

ROAST 30 minutes at 425°F

- 1½ cups no-salt-added vegetable stock or water
- ¾ cup uncooked regular brown rice
- ¼ cup chopped fresh cilantro
- 2 Tbsp. sliced green onion

- 3 cups ¾-inch cubes peeled sweet potatoes
- 1 cup coarsely chopped red sweet pepper
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- ¼ tsp. salt
- 1 15- to 16-oz. can pinto beans, rinsed and drained
- ¼ cup salsa
- ¼ cup Cashew Cream or sour cream
- Toppings, such as toasted pepitas, chopped avocado, salsa, crumbled queso fresco, and/or additional cilantro, green onions, or chili powder (optional)

1. Preheat oven to 425°F. In a 2-qt. saucepan bring stock to boiling. Stir in rice. Return to boiling; reduce heat. Simmer, covered, 45 minutes or until rice is tender and broth is absorbed. Fluff rice with a+ fork; stir in cilantro and green onion.

2. Meanwhile, line a 15×10-inch baking pan with foil. In prepared pan combine next five ingredients (through salt); toss to coat. Roast 30 minutes or until light brown and tender, stirring once. In a bowl stir together beans and salsa.

3. Divide rice among bowls. Top with sweet potato mixture and bean mixture; drizzle with Cashew Cream. If desired, sprinkle with toppings and serve with *lime wedges*.

Makes 4 servings (1½ cups each).

EACH SERVING 369 cal, 7 g fat (1 g sat. fat), 0 mg chol, 764 mg sodium, 66 g carb., 11 g fiber, 9 g sugars, 10 g pro.

CASHEW CREAM In a small bowl combine 1 cup raw cashews and enough boiling water to cover. Let stand, covered, 30 minutes; drain. In a food processor combine cashews; ½ cup water; 2 tsp. cider vinegar; 1 tsp. lime juice; 1 small clove garlic, minced; and ¼ tsp. salt. Cover; process until smooth, adding water as needed to reach desired consistency.



SWEET POTATO
BURRITO BOWLS





VEGETABLE DAL

START TO FINISH 30 minutes

- 1 tsp. cumin seeds
- 1 tsp. mustard seeds
- ¼ tsp. fennel seeds
- ¼ tsp. black pepper
- 3 cups water
- 1 cup red or yellow lentils, rinsed and drained
- 2 bay leaves
- ½ cup chopped onion
- 2 Tbsp. olive oil
- 1 fresh jalapeño chile pepper, seeded and finely chopped (tip, p. 28)
- 1 Tbsp. grated fresh ginger
- 2 cloves garlic, minced
- 1 15-oz. can crushed tomatoes
- 1 tsp. garam masala
- ½ tsp. salt

1. In a 6-inch skillet toast cumin, mustard, and fennel seeds and black pepper 30 seconds over medium heat

or just until fragrant. Transfer to a bowl; cool. Finely grind in a spice grinder.

2. In a 2-qt. saucepan bring the water to boiling. Stir in lentils and bay leaves. Return to boiling; reduce heat. Simmer, covered, 12 minutes for red lentils, 20 to 25 minutes for yellow lentils, or until very soft. Remove; discard bay leaves.

3. Meanwhile, in a 3-qt. saucepan cook and stir onion in hot oil over medium-high heat 5 minutes. Add jalapeño, ginger, and garlic; cook and stir 3 minutes. Stir in tomatoes and cumin mixture. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes, stirring occasionally.

4. Stir lentils, garam masala, and salt into tomato mixture. If desired, serve with *cooked rice* and/or *naan*; top with *plain yogurt*, *fresh cilantro*, and additional jalapeños.

Makes 4 servings (1¼ cups each).

EACH SERVING 590 cal, 13 g fat (2 g sat. fat), 5 mg chol, 998 mg sodium, 88 g carb., 19 g fiber, 10 g sugars, 31 g pro.

LENTILS. BROWN OR GREEN LENTILS CAN BE USED IN PLACE OF THE RED OR YELLOW LENTILS IN THE VEGETABLE DAL. SIMPLY INCREASE THE COOKING TIME TO 25 MINUTES.

CHANGE IT UP. CANNED BEANS ARE A QUICK WAY TO CHANGE THE FLAVOR AND TEXTURE OF THE ENCHILADAS: SWAP AN EQUAL AMOUNT OF RINSED AND DRAINED BLACK BEANS OR KIDNEY BEANS IN PLACE OF THE EDAMAME.



CHEESY TACO-STUFFED PEPPERS

HANDS-ON TIME 15 minutes

BAKE 30 minutes at 425°F

- 3 red and/or green sweet peppers, halved lengthwise and seeded
- 1 8.8-oz. pouch cooked white or whole grain brown rice
- 1 cup canned black beans, rinsed and drained
- ½ cup sliced green onions
- ½ cup seeded and chopped roma tomatoes
- ½ cup frozen corn
- ¼ cup chopped fresh cilantro
- 1 Tbsp. taco seasoning mix
- 1¼ cups shredded Mexican cheese blend (5 oz.)
- 2 tsp. hot pepper sauce (optional)

1. Preheat oven to 425°F. Place pepper halves, cut sides down, in a 15×10-inch baking pan. Bake 10 minutes.

2. Meanwhile, in a medium bowl combine next seven ingredients (through seasoning mix). Stir in ½ cup of the cheese and, if desired, hot sauce.

3. Turn over pepper halves. Fill with rice mixture. Cover loosely with foil and bake 25 minutes; remove foil. Sprinkle peppers with remaining ¾ cup cheese. Bake 5 minutes more or until cheese is melted. If desired, serve with additional green onions, tomatoes, cilantro, and hot sauce. **Makes 6 servings (1 stuffed pepper half each).**

EACH SERVING 217 cal., 8 g fat (4 g sat. fat), 22 mg chol., 342 mg sodium, 26 g carb., 4 g fiber, 4 g sugars, 10 g pro.

EDAMAME AND CORN ENCHILADAS

HANDS-ON TIME 20 minutes

BAKE 35 minutes at 350°F

- Nonstick cooking spray
- 1 cup frozen edamame, thawed
- 1 cup frozen whole kernel corn, thawed
- 2 tsp. fajita seasoning mix
- 2 cups shredded Monterey Jack cheese (8 oz.)

10 7- to 8-inch whole wheat flour tortillas

1 15-oz. can tomato sauce

1 14.5-oz. can fire-roasted or regular diced tomatoes, undrained

1½ to 2 tsp. chili powder

Chopped fresh cilantro

1. Preheat oven to 350°F. Coat a 3-qt. rectangular baking dish with cooking spray. In a medium bowl combine edamame, corn, and fajita seasoning. Stir in 1½ cups of the cheese. Spoon about ⅓ cup of the mixture onto each tortilla; roll up. Place, seam sides down, in prepared dish.

2. In the same bowl combine tomato sauce, tomatoes, and chili powder; pour over filled tortillas.

3. Bake, covered, 20 minutes. Bake, uncovered, 15 to 20 minutes more or until heated through, sprinkling with remaining ½ cup cheese the last 5 minutes. Top with cilantro and, if desired, additional chili powder.

Makes 10 servings (1 enchilada each).

EACH SERVING 269 cal., 11 g fat (5 g sat. fat), 20 mg chol., 759 mg sodium, 32 g carb., 5 g fiber, 6 g sugars, 13 g pro.



EDAMAME AND
CORN ENCHILADAS

CHEESY ITALIAN BAKED BEANS

HANDS-ON TIME 20 minutes

BAKE 15 minutes at 400°F

- 2 Tbsp. olive oil
- ½ cup coarsely chopped yellow onion
- 3 cloves garlic, sliced
- ¼ tsp. salt
- 1 28-oz. can fire-roasted crushed tomatoes
- ¼ cup fresh rosemary leaves, coarsely chopped
- 3 15- to 16-oz. cans cannellini (white kidney) beans, rinsed and drained
- ¾ cup shredded Parmesan cheese (3 oz.)
- Coarse salt
- Crushed red pepper
- Freshly ground black pepper
- ½ cup shredded Fontina cheese

1. Preheat oven to 400°F. In a 10-inch skillet heat oil over medium-high heat. Add onion, garlic, and ¼ tsp. salt; cook and stir 5 minutes or until onion is tender. Stir in tomatoes and rosemary. Bring to boiling; reduce heat. Boil gently, uncovered, 5 minutes or until slightly thickened.

2. Stir in beans and half of the Parmesan. Season to taste with salt, crushed red pepper, and black pepper. Transfer mixture to a 2-qt. rectangular baking dish. Top with Fontina and remaining Parmesan.

3. Bake 15 to 20 minutes or until edges begin to brown. If desired, sprinkle with additional rosemary. **Makes 6 servings (1 cup each).**

EACH SERVING 329 cal., 10 g fat (4 g sat. fat), 18 mg chol., 899 mg sodium, 41 g carb., 12 g fiber, 7 g sugars, 18 g pro.

RINSING 101. CANNED BEANS NEED TO BE DRAINED AND RINSED UNDER RUNNING WATER. THIS WASHES OFF THE SALT AND STARCH FOUND IN THE CANNED WATER THAT CAN EFFECT THE FLAVOR AND TEXTURE OF THE FINISHED DISH.







FALAFEL

FALAFEL

START TO FINISH 25 minutes

- 1 15-oz. can garbanzo beans (chickpeas), rinsed and drained
- ¼ cup coarsely shredded carrot
- 2 Tbsp. all-purpose flour
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. olive oil
- 3 cloves garlic, halved
- 1 tsp. ground coriander
- ½ tsp. salt
- ½ tsp. ground cumin
- ⅙ tsp. black pepper
- 2 Tbsp. olive oil
- ½ cup mayonnaise
- 1 clove garlic, minced
- ¼ tsp. cayenne pepper
- 4 pita bread rounds or tortillas
- Tzatziki Sauce (optional)

1. In a food processor combine first 10 ingredients (through black pepper). Process until finely chopped and mixture holds together (you should have some visible pieces of beans and carrots remaining).

2. Shape into eight 3-inch patties. In a 10-inch skillet heat 2 Tbsp. oil over medium-high heat. Add patties; cook 4 to 6 minutes or until browned and heated through, turning once.

3. Meanwhile, in a small bowl stir together mayonnaise, minced garlic, and cayenne pepper. Serve patties with mayonnaise mixture, pita bread, fresh *mint*, *spinach*, *cucumber slices*, *onion slices*, and/or *lemon wedges*. If desired, swap Tzatziki Sauce for mayonnaise mixture. **Makes 4 servings (2 patties each).**

EACH SERVING 557 cal., 33 g fat (5 g sat. fat), 12 mg chol., 924 mg sodium, 54 g carb., 6 g fiber, 4 g sugars, 11 g pro.

TZATZIKI SAUCE In a bowl combine one 6-oz. carton plain Greek yogurt; 1 cup shredded, seeded cucumber; 1 Tbsp. lemon juice; 1 Tbsp. olive oil; 1 Tbsp. snipped fresh mint; 1 clove garlic, minced; and ¼ tsp. salt.



LENTIL SLOPPY JOES

LENTIL SLOPPY JOES

HANDS-ON TIME 15 minutes

SLOW COOK 8 to 10 hours (low) or 4 to 5 hours (high)

- 3 cups water
- 2 cups brown lentils, rinsed and drained
- 1¼ cups chopped green sweet pepper
- 1 cup shredded carrots
- ¾ cup chopped onion
- 1 cup reduced-sodium hot-style vegetable juice
- ¼ cup no-salt-added tomato paste
- 1 4-oz. can diced green chile peppers, undrained
- 1 Tbsp. reduced-sodium Worcestershire sauce
- 2 tsp. chili powder
- 1 tsp. cider vinegar

- 2 cloves garlic, minced
- ½ cup ketchup
- 2 Tbsp. packed brown sugar
- 16 whole wheat hamburger buns, split and toasted (tip, p. 194)

1. In a 3½- or 4-qt. slow cooker combine first 12 ingredients (through garlic). Cover; cook on low 8 to 10 hours or high 4 to 5 hours.

2. Before serving, stir in ketchup and brown sugar. Serve lentil mixture on toasted buns and, if desired, top with *red onion slices* and additional shredded carrots.

Makes 16 sandwiches.

EACH SANDWICH 278 cal., 3 g fat (1 g sat. fat), 0 mg chol., 465 mg sodium, 54 g carb., 11 g fiber, 9 g sugars, 14 g pro.

TOFU AND PICKLED VEGETABLE SANDWICHES

START TO FINISH 45 minutes

- 3 cups thinly sliced cucumbers, radishes, and/or carrots
- ¼ cup rice vinegar or cider vinegar
- 2 Tbsp. very thinly sliced shallot
- ½ tsp. sugar
- ¼ tsp. salt
- 1 16-oz. pkg. water-packed extra-firm refrigerated tofu, drained and cut crosswise into 8 slices
- ¼ cup mayonnaise
- 2 tsp. sriracha sauce
- 1 Tbsp. lime juice
- 4 hoagie rolls, split and toasted (tip, p. 194)
- ½ cup fresh cilantro leaves

1. For pickled vegetables, in a medium bowl combine first five ingredients (through salt). Let stand at least 10 minutes; drain.

2. Meanwhile, press tofu slices between paper towels to squeeze out excess moisture. In a small bowl stir together mayonnaise and sriracha sauce. Thinly spread tofu with half of the mayonnaise mixture.

3. Heat a 12-inch nonstick skillet over medium-high heat. Add tofu, spread sides down; cook 4 to 6 minutes or until golden, turning once. Remove from heat. Drizzle tofu with lime juice.

4. Spread bottoms of rolls with remaining mayonnaise mixture. Fill rolls with tofu, pickled vegetables, and cilantro. **Makes 4 sandwiches.**

EACH SANDWICH 401 cal., 17 g fat (3 g sat. fat), 6 mg chol., 648 mg sodium, 45 g carb., 4 g fiber, 6 g sugars, 19 g pro.

MAKE IT A MEAL. MAKE YOUR OWN SWEET POTATO CHIPS. USE A MANDOLINE TO THINLY SLICE SWEET POTATOES OVER A SHEET PAN LINED WITH FOIL. DRIZZLE WITH OLIVE OIL AND SPRINKLE WITH KOSHER SALT AND BLACK PEPPER. ROAST IN A 425°F OVEN FOR 20 MINUTES OR UNTIL DESIRED DONENESS, TURNING CHIPS AS NECESSARY.







TEMPEH-WALNUT
TACOS

COTIJA CHEESE

This firm, salty cheese originated in Mexico. The aged version is known as “queso añejo.” If you can’t find either, swap in any Mexican-style cheese blend.

TEMPEH-WALNUT TACOS

START TO FINISH 30 minutes

- Nonstick cooking spray
- 1 medium fresh poblano chile pepper, seeded and chopped (tip, p. 28)
- ½ cup chopped onion
- 1 8-oz. pkg. tempeh (fermented soybean cake), crumbled
- 2 tsp. Mexican seasoning blend
- 2 cloves garlic, minced
- ¼ tsp. salt
- ¼ cup chopped walnuts, toasted (tip, p. 24)
- 8 6-inch corn tortillas, warmed
- Guacamole
- Shredded lettuce, cilantro, and/or crumbled Cotija cheese

1. Coat a 10-inch nonstick skillet with cooking spray; heat over medium heat. Add poblano pepper and onion; cook 3 to 5 minutes or until crisp-tender, stirring occasionally. Add tempeh, Mexican seasoning blend, garlic, and

salt. Cook 6 to 8 minutes or until heated through and tempeh is lightly browned, stirring occasionally. Remove from heat; stir in walnuts.

2. Spread tortillas with guacamole; top with tempeh mixture and toppings.

Makes 4 servings (2 tacos each).

EACH SERVING 429 cal., 21 g fat (5 g sat. fat), 15 mg chol., 668 mg sodium, 41 g carb., 9 g fiber, 6 g sugars, 20 g pro.

CHICKPEA ALFREDO WITH VEGGIES

START TO FINISH 45 minutes

- ½ cup unsalted raw cashews
- 12 oz. dried whole grain or brown rice fettuccine
- 1 cup chopped fresh asparagus
- 2 cups lightly packed fresh spinach or arugula
- ½ cup frozen peas, thawed
- 1¼ cups water
- ¼ cup chickpea (garbanzo bean) flour or all-purpose flour
- 1 Tbsp. lemon juice

- 2 tsp. olive oil
- 2 cloves garlic, minced
- ½ tsp. kosher salt
- ½ tsp. black pepper
- 2 Tbsp. chopped fresh basil and/or parsley (optional)
- Shaved Parmesan cheese (optional)

1. In a small bowl combine cashews and enough boiling water to cover. Let stand, covered, 30 minutes; drain. Rinse and drain again.

2. Meanwhile, cook pasta according to package directions, adding asparagus the last 3 minutes and spinach and peas the last 1 minute; drain.

3. In a 1- or 1½-qt. saucepan whisk together the water and flour until smooth (mixture may be a bit foamy). Cook and stir over medium heat just until bubbly.

4. For sauce, in a blender combine soaked cashews, flour mixture, and next five ingredients (through pepper). Cover and pulse several times. Blend 5 minutes or until smooth. If desired, stir in basil and/or parsley.

5. Transfer pasta mixture to a dish. Drizzle pasta with sauce; toss to coat. Sprinkle with additional pepper and, if desired, cheese. **Makes 6 servings (1 cup each).**

EACH SERVING 290 cal., 7 g fat (1 g sat. fat), 0 mg chol., 190 mg sodium, 49 g carb., 8 g fiber, 4 g sugars, 11 g pro.



CHICKPEA ALFREDO
WITH VEGGIES

THAI BASIL. THAI BASIL IS SPICIER THAN MOST SWEET BASIL. IF USING SWEET BASIL IN YOUR STIR-FRY (OR YOU JUST LIKE IT SPICIER), STIR IN SOME CHILI PASTE (SUCH AS SAMBAL OELEK) OR CRUSHED RED PEPPER TO KICK UP THE HEAT.

CARAMELIZED TOFU AND THAI BASIL STIR-FRY

START TO FINISH 40 minutes

- 1 16-oz. pkg. water-packed extra-firm refrigerated tofu
- 2 Tbsp. vegetable oil
- 5 Tbsp. water
- 4 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. packed brown sugar
- 3 Tbsp. rice wine vinegar
- 1 Tbsp. cornstarch
- 1 medium red onion, halved crosswise and cut into thin wedges
- 2 cups red and/or orange sweet pepper strips
- 1½ cups thinly sliced, stemmed fresh shiitake mushrooms
- ¼ cup thinly sliced fresh Thai basil or sweet basil leaves
- Sriracha sauce (optional)

1. Drain tofu; pat dry. Cut tofu into bite-size cubes. In a large wok or 12-inch nonstick skillet heat 1 Tbsp. of the oil over medium-high heat. Add tofu; cook 15 minutes or until crisp and golden, stirring occasionally.

2. In a small bowl combine 2 Tbsp. of the water, 1 Tbsp. of the soy sauce, and the brown sugar. Pour over tofu; cook over medium heat until tofu is coated and liquid is syrupy, gently stirring frequently. Remove from skillet.

3. Meanwhile, for sauce, in a bowl combine remaining 3 Tbsp. water and 3 Tbsp. soy sauce, the vinegar, and cornstarch.

4. Add remaining 1 Tbsp. oil to skillet. Add red onion; cook and stir 1 minute. Add sweet peppers; cook and stir 2 to 3 minutes. Add mushrooms; cook and stir 2 minutes more or until onion and peppers are crisp-tender. Make a well in center for sauce.

5. Stir sauce; add to skillet. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Gently stir in tofu and basil. If desired, serve with sriracha sauce and sprinkle with additional basil. **Makes 4 servings (1½ cups each).**

EACH SERVING 239 cal., 12 g fat (2 g sat. fat), 0 mg chol., 573 mg sodium, 21 g carb., 4 g fiber, 12 g sugars, 13 g pro.

DINNER'S ON

For a quick side, microwave one or two 8-oz. pouches of white or brown ready-to-eat rice. You can also serve with hot cooked rice noodles or other Asian noodles.





COOKING CLASS. CRANK UP THE HEAT TO GET THE CRISPIEST CRUST. BECAUSE OF THE MOISTURE FROM THE CAULIFLOWER, A PIZZA STONE IS YOUR BEST BET FOR EVEN BROWNING—IT RETAINS AND DISTRIBUTES HEAT WELL. BUT IF YOU DON'T HAVE ONE, SUBSTITUTE A PREHEATED BAKING SHEET.

CAULIFLOWER-CRUSTED PIZZA

HANDS-ON TIME 30 minutes

BAKE 17 minutes at 425°F

- 4 cups cauliflower florets
- 2 Tbsp. water
- 1 egg, lightly beaten
- ¼ cup shredded Italian cheese blend (1 oz.)
- ¼ cup grated Parmesan cheese
- ¼ cup panko bread crumbs (tip, p. 24)
- ½ tsp. dried Italian seasoning, crushed
- ¼ tsp. salt
- 1 tsp. olive oil
- 2 cups sliced fresh mushrooms
- 1 cup yellow or green sweet pepper strips
- 1 small red onion, cut into thin wedges
- ¾ cup Fast Pizza Sauce or canned pizza sauce
- 1 cup shredded Italian cheese blend (4 oz.)
- Snipped fresh basil, oregano, and/or parsley

1. Place cauliflower in a food processor. Cover and pulse four to six times or until crumbly and mixture resembles couscous.

2. Place a pizza stone or baking sheet in the oven. Preheat to 425°F. In a casserole combine cauliflower and the water. Microwave, covered, 3 to 4 minutes or until tender, stirring once or twice; cool. With a slotted spoon, transfer cauliflower to a 100%-cotton

flour-sack towel. Wrap towel around cauliflower and squeeze until there is no more liquid (this step is critical).

3. For crust, in a medium bowl stir together cauliflower and next six ingredients (through salt). On a piece of parchment paper pat mixture into a 12-inch circle. Transfer on the paper to preheated pizza stone. Bake 12 to 15 minutes or until crisp and golden brown.

4. Meanwhile, in a 10-inch skillet heat oil over medium-high heat. Add mushrooms, sweet pepper, and onion; cook 4 to 6 minutes or until crisp-tender, stirring occasionally.

5. Spread Fast Pizza Sauce over baked crust. Top with mushroom mixture and sprinkle with 1 cup Italian cheese blend. Bake 5 to 10 minutes more or until heated through and cheese is melted. If desired, sprinkle with fresh herbs.

Makes 4 servings (2 slices each).

EACH SERVING 266 cal., 14 g fat (7 g sat. fat), 75 mg chol., 813 mg sodium, 19 g carb., 5 g fiber, 7 g sugars, 17 g pro.

FAST PIZZA SAUCE In a 1- or 1½-qt. saucepan cook ½ cup chopped onion and 2 cloves garlic, minced, in 1 Tbsp. hot olive oil over medium heat about 5 minutes or until onion is tender, stirring occasionally. Stir in one 8-oz. can tomato sauce, ½ tsp. crushed dried oregano, ½ tsp. crushed dried basil, ¼ tsp. salt, and ¼ tsp. crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until sauce reaches desired consistency. **Makes 1 cup.**



Removing all the liquid from the cauliflower after microwaving is crucial to getting that crisp, browned crust. Twisting the cauliflower in a towel is the most efficient way to get the job done.



Baking on parchment paper makes it easy to remove from the pan.

WHAT IS SHAKSHUKA? THIS AFRICAN-MIDDLE EASTERN SPECIALTY FEATURES EGGS POACHED IN A SIMMERING TOMATO-BASE SAUCE.



BASIL-TOMATO TART

HANDS-ON TIME 30 minutes

BAKE 12 minutes at 450°F + 35 minutes at 375°F

- ½ of a 14.1-oz. pkg. (1 crust) rolled refrigerated unbaked piecrust
- 1½ cups shredded mozzarella cheese (6 oz.)
- 5 roma tomatoes or 4 medium tomatoes
- 1 cup loosely packed fresh basil leaves
- 4 cloves garlic, halved
- ½ cup mayonnaise
- ¼ cup grated Parmesan cheese
- ¼ tsp. white pepper

1. Preheat oven to 450°F. Let piecrust stand according to package directions. Place in a 9-inch quiche dish or pie plate. Crimp edge as desired. Line unpricked pastry with a double thickness of foil. Bake 8 minutes; remove foil. Bake 4 to 5 minutes more or until set and dry. Remove from oven. Reduce temperature to 375°F. Sprinkle crust with ½ cup of the mozzarella cheese. Cool slightly on a wire rack.

2. Cut tomatoes into wedges; drain on paper towels. Arrange tomato wedges over cheese in crust. In a food processor combine basil and garlic; cover and process until coarsely chopped. Sprinkle over tomatoes.

3. In a medium bowl combine remaining 1 cup mozzarella cheese, the mayonnaise, Parmesan cheese, and white pepper. Spread cheese mixture over basil mixture.

4. Bake 35 to 40 minutes or until golden and bubbly. Serve warm. If desired, top with additional basil and Parmesan cheese. **Makes 8 servings (1 slice each).**

TO MAKE AHEAD Bake pastry crust as directed in Step 1; cover and let stand at room temperature up to 2 hours. Drain tomato wedges; let stand at room temperature up to 2 hours. Prepare cheese mixture. Cover and chill up to 2 hours. Assemble and bake as directed.

EACH SERVING 275 cal., 21 g fat (6 g sat. fat), 24 mg chol., 369 mg sodium, 17 g carb., 1 g fiber, 1 g sugars, 8 g pro.

SHAKSHUKA

HANDS-ON TIME 25 minutes

COOK 15 minutes

- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1¼ cups chopped red sweet pepper
- 1 fresh jalapeño chile pepper, seeded and chopped (tip, p. 28)
- 3 cloves garlic, sliced
- 1 tsp. ground cumin
- 1 tsp. sweet paprika
- 1 tsp. ground turmeric
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- 1 28-oz. can whole plum tomatoes, undrained and coarsely chopped
- 6 eggs
- Crumbled feta cheese
- Fresh cilantro and/or oregano

1. In a 10-inch deep skillet heat oil over medium heat. Add next nine ingredients (through black pepper). Cook and stir 10 minutes or until vegetables are softened. Stir in tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until slightly thickened, stirring occasionally.

2. Break eggs, one at a time, into a small dish and slip eggs into tomato mixture. Reduce heat. Cook, covered, 5 to 10 minutes or until whites are set and yolks are desired doneness. Top with cheese and herbs.

Makes 6 servings (1 egg + ½ cup mixture each).

EACH SERVING 174 cal., 11 g fat (3 g sat. fat), 192 mg chol., 478 mg sodium, 11 g carb., 4 g fiber, 6 g sugars, 9 g pro.



SHAKSHUKA



EASY RIBBONS

Use a vegetable peeler to slice zucchini lengthwise into thin ribbons. Trim ends, then peel from one end of the zucchini to the other, keeping fingers out of the way.

ZUCCHINI RIBBONS,
PASTA, AND ARUGULA



ZUCCHINI RIBBONS, PASTA, AND ARUGULA

START TO FINISH 30 minutes

- 6 oz. dried fettuccine
- 2 medium zucchini or yellow summer squash, cut into ribbons
- 1 lemon
- ¼ cup sliced pepperoncini salad peppers
- 2 Tbsp. olive oil
- 1½ tsp. chopped fresh oregano
- 1 clove garlic, minced
- 3 cups arugula
- Salt and black pepper
- Chopped toasted almonds

1. Cook fettuccine in boiling salted water according to package directions. Place zucchini ribbons in a colander; drain fettuccine over zucchini. Rinse under cold water to cool; drain again. Transfer fettuccine mixture to a large bowl.

2. Remove 1 tsp. zest and squeeze 1 Tbsp. juice from lemon. Stir lemon zest and juice, salad peppers, oil, oregano, and garlic into fettuccine mixture. Add arugula; toss to combine. Season to taste with salt and black pepper. Top with almonds. **Makes 4 servings (2 cups each).**

EACH SERVING 282 cal., 11 g fat (1 g sat. fat), 0 mg chol., 453 mg sodium, 37 g carb., 4 g fiber, 5 g sugars, 8 g pro.

ZOODLE PIZZA CASSEROLE

HANDS-ON TIME 15 minutes

STAND 15 minutes

BAKE 25 minutes at 400°F

Nonstick cooking spray

- 3 10- to 12-oz. zucchini
- 1½ tsp. kosher salt
- 2 eggs, lightly beaten
- 2 cups shredded mozzarella cheese (8 oz.)
- ¼ cup grated Parmesan cheese
- ¼ cup all-purpose flour
- 2 Tbsp. cornmeal



ZOODLE PIZZA
CASSEROLE

- 1 8-oz. can pizza sauce
- ½ cup sliced fresh mushrooms
- ¼ cup chopped green sweet pepper
- ¼ cup sliced pitted black olives

1. Preheat oven to 400°F. Coat a 3-qt. baking dish with cooking spray. Using a vegetable spiralizer, cut zucchini into long, thin noodles (zoodles). Place in a colander and sprinkle with salt; toss gently. Let stand 15 to 20 minutes. Pat dry with paper towels.

2. In a large bowl combine eggs, ½ cup of the mozzarella cheese, the Parmesan cheese, flour, and cornmeal. Stir in zoodles. Transfer to prepared dish. Bake 10 minutes or until set and no excess liquid remains.

3. Spread with pizza sauce. Top with remaining 1½ cups mozzarella cheese, the mushrooms, green sweet pepper, and olives. Bake 15 to 20 minutes more or until cheese is light brown.

Makes 8 servings.

EACH SERVING 163 cal., 8 g fat (4 g sat. fat), 67 mg chol., 585 mg sodium, 12 g carb., 2 g fiber, 4 g sugars, 12 g pro.



SPIRALIZER

Now available in handheld and countertop models, spiralizers have different blades for varying the thickness and cut (such as fettuccine-style or flat ribbons). You can experiment with what shape you like best.



EASY PUMPKIN MAC
AND CHEESE

EASY PUMPKIN MAC AND CHEESE

HANDS-ON TIME 25 minutes

BAKE 30 minutes at 375°F

STAND 5 minutes

- 1 14.5-oz. pkg. dried protein- enriched multigrain rotini or penne pasta
- 1 15- to 16-oz. jar Alfredo pasta sauce
- 1 15-oz. can pumpkin
- ½ cup chopped roasted red sweet peppers, drained
- ½ cup water
- ¼ tsp. salt
- ¼ tsp. cracked black pepper
- 1½ cups shredded Fontina cheese (6 oz.)

1. Preheat oven to 375°F. Grease a 3-qt. rectangular baking dish.
 2. In a 4- to 6-qt. pot cook pasta in boiling salted water according to package directions; drain. Return to pot. Stir in next six ingredients (through black pepper). Stir in ½ cup of the cheese. Transfer to prepared dish.
 3. Bake, covered, 25 minutes. Sprinkle with remaining 1 cup cheese. Bake, uncovered, 5 minutes more or until heated through and cheese is melted. Let stand 5 minutes before serving.
- Makes 6 servings (1½ cups each).**
EACH SERVING 511 cal., 22 g fat (11 g sat. fat), 92 mg chol., 894 mg sodium, 56 g carb., 7 g fiber, 7 g sugars, 23 g pro.

MUSHROOM SOURDOUGH TOASTS

START TO FINISH 30 minutes

- 2 Tbsp. olive oil
- 1 Tbsp. butter
- 6 cups sliced assorted fresh mushrooms
- 2 cloves garlic, minced
- 1 Tbsp. chopped fresh thyme
- Coarse salt and freshly ground black pepper
- 1 tsp. olive oil
- 4 eggs
- 4 ½-inch slices rustic sourdough bread
- 8 oz. sliced semisoft cheese, such as Fontina
- Mixed fresh herbs or microgreens

1. Preheat broiler. In a 10-inch skillet heat 2 Tbsp. oil and butter over medium-high heat. Add mushrooms and garlic; cook about 6 minutes or until mushrooms are tender and browned, stirring occasionally. Remove from heat. Sprinkle with thyme; season to taste with salt and pepper. Transfer to a bowl.
 2. In same skillet heat 1 tsp. oil over medium heat. Break eggs into skillet. Reduce heat to low; cook eggs 3 to 4 minutes or until whites are set and yolks start to thicken.
 3. Meanwhile, arrange bread slices on a baking sheet. Broil 4 inches from heat 2 minutes on each side or until toasted. Top bread with cheese; broil 1 minute more or until cheese melts and starts to bubble. Remove from broiler. Top cheese with mushroom mixture and eggs. Sprinkle with mixed herbs.
- Makes 4 toasts.**
EACH TOAST 482 cal., 33 g fat (15 g sat. fat), 259 mg chol., 759 mg sodium, 20 g carb., 2 g fiber, 5 g sugars, 28 g pro.

MUSHROOM
SOURDOUGH
TOASTS







ROSEMARY AND CARROT RIBBON PAPPARDELLE

START TO FINISH 30 minutes

- 1 lb. carrots, peeled
- 8 oz. dried pappardelle pasta
- ½ cup chopped, toasted hazelnuts,
tip, below)
- 2 Tbsp. butter
- 2 Tbsp. chopped fresh rosemary
- ½ tsp. salt
- 4 oz. goat cheese (chèvre), cut up

1. Using a vegetable peeler, cut carrots lengthwise into thin ribbons. Transfer to a large colander.

2. Cook pasta in boiling lightly salted water according to package

directions. Drain in same colander as carrots, reserving 1 cup of the pasta cooking water.

3. In a 10-inch skillet combine hazelnuts, butter, rosemary, and salt. Heat over medium heat until butter is bubbling. Add cheese and half of the reserved pasta cooking water, whisking until combined. Add pasta mixture, tossing to coat and thinning with additional remaining pasta cooking water as needed. If desired, sprinkle with additional toasted hazelnuts. **Makes 4 servings (1½ cups each).**

EACH SERVING 508 cal., 26 g fat
(11 g sat. fat), 45 mg chol., 453 mg sodium,
52 g carb., 5 g fiber, 6 g sugars, 19 g pro.

TOASTING HAZELNUTS. SPREAD NUTS IN A SHALLOW BAKING PAN. BAKE IN A 350°F OVEN ABOUT 5 MINUTES OR UNTIL LIGHT BROWN AND FRAGRANT, SHAKING PAN. TRANSFER TO A BOWL; LET COOL. RUB OFF SKINS.



CHICKEN PAD THAI
Recipe on page 179

A decorative border at the top of the page featuring a repeating diamond pattern in red and white. The rest of the page has a solid dark blue background.

PASTA & NOODLES

For those days when you're craving the comfort only carbs can offer, take your pick from a range of flavor profiles—from Spaghetti Alla Carbonara to Korean-Style Steak and Noodles.



TORTELLINI EMILIA

MAKE IT A MEAL. WHAT'S ON THE SIDE? MAKE A QUICK GRILLED ROMAINE SALAD. HALVE 1 MEDIUM HEART OF ROMAINE LETTUCE; BRUSH CUT SIDES WITH OLIVE OIL. GRILL, COVERED, 1 TO 3 MINUTES OR UNTIL GRILL MARKS DEVELOP AND THE ROMAINE IS SLIGHTLY WILTED. DRIZZLE WITH A VINAIGRETTE.

TORTELLINI EMILIA

HANDS-ON TIME 30 minutes

BAKE 20 minutes at 400°F

STAND 10 minutes

- 2 8-oz. pkg. dried cheese-filled tortellini
- 3 Tbsp. finely chopped red onion
- 2 Tbsp. finely chopped shallots
- 1 Tbsp. butter
- 2 cups half-and-half
- ½ cup milk
- 2 egg yolks
- ¼ cup grated Parmesan cheese (1 oz.)
- 1 Tbsp. chopped fresh sage or 1 tsp. dried sage, crushed
- ¼ tsp. black pepper
- ½ cup shredded Gruyère or Swiss cheese (2 oz.)
- ½ cup walnut pieces
- 2 oz. prosciutto or cooked ham, finely chopped

1. Preheat oven to 400°F. Cook tortellini according to package directions; drain.

2. For sauce, in a 2-qt. saucepan cook onion and shallots in hot butter over medium heat until tender. Stir in half-and-half and milk. Bring just to boiling; remove from heat. In a bowl lightly beat egg yolks. Slowly add about 1 cup of the hot milk mixture to the beaten yolks, beating until combined. Return all of the egg yolk mixture to saucepan. Cook and stir over medium-low heat about 10 minutes or until slightly thickened and just bubbly. Stir in Parmesan, sage, and pepper.

3. Transfer half of the cooked tortellini to a 2-qt. rectangular or oval baking dish. Sprinkle with the Gruyère cheese. Pour half of the sauce over tortellini. Top with the remaining cooked tortellini, the walnuts, the prosciutto, and the remaining sauce.

4. Bake, uncovered, 20 minutes or until top is lightly browned and bubbly. Let stand 10 minutes. If desired, top with additional fresh sage.

Makes 8 servings (1 cup each).

EACH SERVING 457 cal., 27 g fat (11 g sat. fat), 127 mg chol., 790 mg sodium, 38 g carb., 4 g fiber, 4 g sugars, 18 g pro.



CREAMY BAKED ZITI

HANDS-ON TIME 30 minutes

BAKE 30 minutes at 425°F

- 4 cups dried ziti or penne pasta (12 oz.)
- 1 14.5-oz. can fire-roasted diced tomatoes, undrained
- 1 cup chopped onion
- 12 cloves garlic, minced (2 Tbsp.)
- 2 Tbsp. olive oil
- ½ cup dry white wine
- 2 cups heavy cream
- 1 cup finely shredded Parmesan cheese
- ¾ cup crumbled Gorgonzola or other blue cheese (3 oz.)
- ½ cup shredded Fontina cheese (2 oz.)
- ½ tsp. salt
- ¼ tsp. black pepper
- Snipped fresh Italian parsley (optional)

1. Preheat oven to 425°F. In a 6-qt. pot cook pasta according to package directions; drain. Place in an ungreased 3-qt. rectangular baking dish; stir in undrained tomatoes.

2. Meanwhile, in a 3-qt. saucepan cook onion and garlic in hot oil over medium heat just until tender. Carefully stir in wine and cook about 3 minutes or until liquid reduces by half. Add cream; heat to boiling. Boil gently, uncovered, about 5 minutes or until mixture thickens slightly, stirring frequently. Remove from heat. Stir in cheeses, salt, and pepper.

3. Pour cheese sauce over pasta. Bake, covered, 30 to 35 minutes or until sauce is bubbly. Stir pasta to coat. If desired, top with parsley.

Makes 6 servings.

EACH SERVING 717 cal., 46 g fat (26 g sat. fat), 141 mg chol., 883 mg sodium, 54 g carb., 3 g fiber, 5 g sugars, 21 g pro.

CLASSIC CARBONARA. AUTHENTIC ITALIAN CARBONARA SAUCE IS A COMBINATION OF RAW EGG, PASTA COOKING WATER, AND CHEESE. OUR WEEKNIGHT VERSION USES CREAM FOR SIMILAR RICHNESS AND BODY, AND WINE FOR LUSCIOUS FLAVOR.

SPAGHETTI ALLA CARBONARA

START TO FINISH 40 minutes

- 12 oz.** dried spaghetti
- 6 oz.** pancetta or bacon, finely chopped
- ½ cup** chopped onion
- 2 cloves** garlic, minced
- ¼ cup** dry white wine
- 2** pasteurized egg yolks or ¼ cup refrigerated or frozen egg product, thawed
- ¼ cup** heavy cream
- 1 cup** finely shredded Parmigiano-Reggiano or Parmesan cheese (4 oz.)
- ½ tsp.** black pepper

1. In a 6-qt. pot cook pasta according to package directions; drain, reserving ½ cup pasta water. Return pasta to pot; keep warm.

2. Meanwhile, in a 12-inch skillet cook and stir pancetta over medium heat until crisp. Using a slotted spoon, transfer pancetta to a paper

towel-lined plate. Drain all but 2 Tbsp. drippings from the skillet.

3. Add onion and garlic to hot drippings in skillet; cook and stir over medium heat about 5 minutes or until onion is tender. Remove skillet from heat; carefully add wine. Return skillet to heat. Bring wine to boiling; reduce heat. Simmer, uncovered, about 3 minutes or until most of the wine evaporates.

4. In a small bowl combine egg yolks or product and cream. Stir in cheese and pepper. Add spaghetti to onion mixture in skillet; toss gently over medium heat 1 to 2 minutes to coat. Remove from heat; add egg mixture, reserved pancetta, and ¼ cup of the pasta water. Toss well to coat. Serve immediately. Add additional pasta water, if needed, to maintain creamy consistency. **Makes 6 servings (1 cup each).**

EACH SERVING 460 cal., 22 g fat (10 g sat. fat), 41 mg chol., 569 mg sodium, 45 g carb., 2 g fiber, 3 g sugars, 18 g pro.









THE RINSING QUESTION. RINSING PASTA REMOVES A LIGHT COATING OF STARCH THAT HELPS THE SAUCE AND SEASONINGS CLING. SO WE RECOMMEND NOT RINSING UNLESS THE PASTA WILL BE BAKED OR SERVED COOL IN A SALAD.

PASTA WITH WHITE CLAM SAUCE

START TO FINISH 30 minutes

- 10 oz. dried linguine or fettuccine
- 2 6.5-oz. cans chopped or minced clams
- 2 cups half-and-half or whole milk
- $\frac{1}{2}$ cup chopped onion
- 2 cloves garlic, minced
- 2 Tbsp. butter
- $\frac{1}{4}$ cup all-purpose flour
- 2 tsp. chopped fresh oregano or $\frac{1}{2}$ tsp. dried oregano, crushed
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. black pepper
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup dry white wine or chicken broth
- $\frac{1}{4}$ cup finely shredded or grated Parmesan cheese (1 oz.)

1. In a 4-qt. saucepan cook pasta according to package directions; drain and keep warm. Meanwhile, drain canned clams, reserving the juice from one of the cans (you should have about $\frac{1}{2}$ cup). Add enough half-and-half to reserved clam juice to equal $2\frac{1}{2}$ cups liquid.

2. In a 2-qt. saucepan cook onion and garlic in hot butter over medium heat until tender but not brown. Stir in flour, dried oregano (if using), salt, and pepper. Add clam juice mixture all at once. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in drained clams, fresh oregano (if using), parsley, and wine. Heat through. Serve over hot pasta. Sprinkle with Parmesan cheese.

Makes 4 servings (1½ cups each).

EACH SERVING 680 cal., 24 g fat (14 g sat. fat), 125 mg chol., 430 mg sodium, 72 g carb., 3 g fiber, 3 g sugars, 40 g pro.



SHRIMP SCAMPI



SHRIMP SCAMPI

START TO FINISH 30 minutes

- 12 oz. fresh or frozen peeled and deveined medium shrimp
- 1 oz. prosciutto, cut into strips
- 1 Tbsp. butter
- 1 Tbsp. olive oil
- 1 Tbsp. minced garlic
- ¼ cup finely chopped shallots
- 1½ cups dry white wine
- 2 Tbsp. lemon juice
- ¼ tsp. salt
- 1 roma tomato, seeded and finely chopped
- 1 Tbsp. finely chopped Italian parsley
- 1 tsp. chopped fresh thyme
- 8 oz. dried angel hair pasta
- Lemon wedges (optional)

1. Thaw shrimp if frozen; set aside. In a 10-inch skillet cook prosciutto over medium heat until crisp. Drain on paper towels.

2. To the same skillet add butter and olive oil. Heat over medium heat. Add garlic; cook and stir 30 seconds. Add shallots; cook and stir about 1 minute or until tender. Add shrimp, wine, lemon juice, and salt; bring to boiling. Reduce heat and simmer, uncovered, 2 to 3 minutes or until shrimp turn opaque, stirring occasionally. Remove shrimp with a slotted spoon; cover and keep warm.

3. Continue to gently boil liquid in skillet, uncovered, about 10 minutes or until thickened and reduced to about 1 cup. Stir in tomato, parsley, and thyme. Cook 1 minute. Return shrimp to skillet; toss gently to coat.

4. Meanwhile, cook pasta according to package directions; drain. Top pasta with shrimp mixture; sprinkle with crisp prosciutto. If desired, serve with lemon wedges. **Makes 4 servings (1½ cups each).**

EACH SERVING 434 cal., 9 g fat (3 g sat. fat), 147 mg chol., 420 mg sodium, 48 g carb., 3 g fiber, 4 g sugars, 27 g pro.



FETTUCCINE ALFREDO

FETTUCCINE ALFREDO

START TO FINISH 35 minutes

- 8 oz. dried fettuccine
- 2 cloves garlic, minced
- 2 Tbsp. butter
- 1 cup heavy cream
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ cup grated Parmesan cheese (2 oz.)

1. Cook pasta according to package directions; drain.

2. In a 3-qt. saucepan cook garlic in hot butter over medium-high heat 1 minute. Add cream, salt, and pepper. Bring to boiling; reduce heat. Boil gently, uncovered, 3 minutes or until beginning to thicken. Remove from heat; stir in Parmesan cheese. Add pasta; toss to coat. If desired, top with additional Parmesan cheese.

Makes 4 servings (1¼ cups each).

EACH SERVING 514 cal., 32 g fat (19 g sat. fat), 107 mg chol., 511 mg sodium, 45 g carb., 2 g fiber, 2 g sugars, 13 g pro.





STUFFED MANICOTTI

HANDS-ON TIME 25 minutes

BAKE 40 minutes at 350°F

- 1 recipe Cheesy Ricotta Filling or Spinach-Pancetta Filling
- 1 recipe Manicotti Meat Sauce or Creamy Parmesan Sauce
- 12 dried manicotti or 12 to 15 dried jumbo shells
- 1 cup shredded mozzarella cheese (4 oz.)

1. Preheat oven to 350°F. Prepare desired filling and sauce. Cook manicotti according to package directions; drain. Place manicotti in a single layer on greased foil.

2. Using a small spoon, fill manicotti with desired filling; arrange in an ungreased 2-qt. rectangular baking dish. Pour sauce over pasta.

3. Bake, covered, 30 minutes. Uncover; top with the 1 cup mozzarella. Bake about 10 minutes more or until mixture heats through and cheese melts. (If using Creamy Parmesan Sauce, bake, covered, 35 to 40 minutes or until heated through. Top with cheese, then let stand until cheese melts.)

Makes 6 servings (2 manicotti each).

EACH SERVING 515 cal., 25 g fat (13 g sat. fat), 147 mg chol., 886 mg sodium, 41 g carb., 4 g fiber, 9 g sugars, 33 g pro.

CHEESY RICOTTA FILLING Combine one 15-oz. container whole milk ricotta cheese; 2 eggs, lightly beaten; 1 cup

shredded mozzarella cheese (4 oz.); ½ cup finely shredded Parmesan cheese (2 oz.); and 1 tsp. dried Italian seasoning, crushed.

SPINACH-PANCETTA FILLING

Prepare Cheesy Ricotta Filling as directed, except thaw and squeeze liquid from half of a 10-oz. pkg. frozen chopped spinach. Crisp-cook 4 oz. chopped pancetta or bacon; drain. Stir pancetta and spinach into ricotta mixture and reduce mozzarella to ½ cup in ricotta mixture.

MANICOTTI MEAT SAUCE In a 10-inch skillet cook 8 oz. ground beef and/or Italian sausage, ½ cup onion, and 3 cloves garlic, minced, over medium-high heat until meat is browned, stirring to break up meat as it cooks; drain fat. Carefully stir in ¼ cup wine or chicken broth; bring to boiling. Stir in one 15-oz. can crushed tomatoes; one 15-oz. can tomato sauce; 2 tsp. Italian seasoning, crushed; 1 tsp. fennel seeds; and ¼ tsp. black pepper. Bring to boiling; reduce heat. Cover and simmer 15 minutes, stirring occasionally.

CREAMY PARMESAN SAUCE

Prepare Basic White Sauce (p. 41) as directed, except cook and stir 3 cloves garlic, minced, in the melted butter for 1 minute before adding the flour, salt, and pepper. Stir ¼ cup grated Parmesan cheese into the finished sauce.

FRESH OR PREGROUND. PREGROUND PEPPER WORKS IN A PINCH, BUT USING A PEPPER GRINDER TO GRIND YOUR OWN PEPPERCORNS MAKES A BIG DIFFERENCE IN FLAVOR.

MAKE IT AHEAD. LASAGNA IS A CLASSIC PREP-AHEAD DISH. PREPARE IT THROUGH STEP 3, THEN COVER WITH PLASTIC WRAP. REFRIGERATE UP TO 24 HOURS. UNCOVER AND BAKE IN A 375°F OVEN 45 TO 50 MINUTES OR UNTIL HOT IN THE CENTER (160°F).

CLASSIC LASAGNA

HANDS-ON TIME 45 minutes

BAKE 35 minutes at 375°F

STAND 15 minutes

- 1 recipe Meat Sauce
- 12 dried lasagna noodles
- 1 egg, lightly beaten
- 1 15-oz. container whole milk ricotta cheese or 2 cups cottage cheese, drained
- ¼ cup grated Parmesan cheese
- 3 cups shredded mozzarella cheese (12 oz.)
- Grated Parmesan cheese (optional)
- Snipped fresh basil (optional)

1. Prepare Meat Sauce. Preheat oven to 375°F. Cook lasagna noodles according to package directions; drain. Rinse with cold water; drain again.
2. For filling, in a medium bowl combine egg, ricotta cheese, and the ¼ cup Parmesan cheese.
3. Spread ¼ cup of the sauce into an ungreased 3-qt. rectangular baking dish. Arrange three of the cooked noodles lengthwise over sauce. Spoon one-fourth of the filling over noodles. Top with one-fourth of the remaining sauce and one-fourth of the mozzarella cheese. Repeat layers three more times, starting with noodles and ending with mozzarella cheese (cover top layer of noodles evenly with sauce). If desired, top with additional Parmesan cheese.
4. Bake, uncovered, 35 to 40 minutes or until hot in the center (160°F). Let stand 15 minutes before serving. If desired, garnish with basil. **Makes 12 servings.**

MEAT SAUCE In a 12-inch skillet or saucepan cook 8 oz. ground beef; 8 oz. bulk Italian sausage or ground beef; 1 cup chopped onion; and 3 cloves garlic, minced, over medium-high heat until meat is browned, using a wooden spoon to break up meat as it cooks. Drain fat. Stir in ¼ to ½ cup dry red wine; bring to boiling. Stir in one 28-oz. can crushed tomatoes; two 8-oz. cans tomato sauce; 1 Tbsp. dried Italian seasoning, crushed; 1 tsp. fennel seeds, crushed; and ¼ tsp. black pepper. Bring to boiling; reduce heat. Cover and simmer 15 minutes, stirring occasionally.

EACH SERVING 432 cal., 20 g fat (10 g sat. fat), 81 mg chol., 695 mg sodium, 37 g carb., 3 g fiber, 6 g sugars, 24 g pro.



LASAGNA WITH BÉCHAMEL For Béchamel Sauce, prepare Basic White Sauce (p. 41) as directed, except add 3 cloves garlic, minced, to the melted butter; cook and stir 1 minute before adding the flour, salt, and pepper. Stir ¼ cup grated Parmesan

cheese into finished sauce. Prepare Meat Sauce as directed, except substitute one 15-oz. can crushed tomatoes for the 28-oz. can crushed tomatoes, omit one of the 8-oz. cans tomato sauce, and omit the red wine. Add one-fourth of the Béchamel sauce to each layer over the lasagna filling. Bake as directed.



VEGETABLE LASAGNA Prepare as directed in Steps 1 and 2, except omit beef and sausage in Meat Sauce. Cook 1 lb. fresh cremini mushrooms, quartered, and 1 yellow or red sweet pepper, cut into strips, with the onion and garlic in 2 Tbsp. olive oil over medium-high heat 5 minutes. Stir in 1½ cups coarsely chopped zucchini; cook 3 to 5 minutes more or until vegetables are tender and most of the excess liquid has evaporated. Add wine, tomatoes, and seasoning as directed for sauce. Continue as directed in Steps 3 and 4.





KOREAN-STYLE STEAK
AND NOODLES

KOREAN-STYLE STEAK AND NOODLES

HANDS-ON TIME 20 minutes
MARINATE 30 minutes

- ¼ cup reduced-sodium soy sauce
- 2 Tbsp. rice vinegar
- 2 Tbsp. packed brown sugar
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. gochujang paste or 1 tsp. sriracha sauce
- 1 lb. flank steak or skirt steak
- 8 oz. rice noodles or soba noodles
- 2 Tbsp. vegetable oil
- 8 oz. fresh shiitake mushrooms, stemmed and sliced
- 1 cup packaged julienned carrots (white and green parts)
- 2 cups fresh baby spinach
- 1 cup kimchi (tip, *opposite*), coarsely chopped

1. In a medium bowl combine the first five ingredients (through gochujang). Transfer 3 Tbsp. of the sauce mixture to a small bowl; cover and reserve for later. Slice steak against the grain into very thin slices.* Add steak to the remaining sauce in the medium bowl; stir to combine. Cover and refrigerate 30 minutes.

2. Meanwhile, soak or cook noodles according to package directions. Drain well.

3. Heat a large wok or 12-inch skillet over high heat. Add 1 Tbsp. of the vegetable oil. Drain meat; discard marinade. Add the meat to the hot oil. Cook and stir 1 to 2 minutes or until meat is just cooked through. Remove meat from wok.

4. Add remaining 1 Tbsp. vegetable oil to the wok. Place over high heat. Add mushrooms, carrots, and green onions. Cook and stir 3 to 4 minutes or just until crisp-tender. Add the noodles, reserved steak, spinach, and kimchi. Cook and stir 1 minute more or until spinach is wilted and mixture is heated through. Stir in the remaining soy sauce mixture; heat through. If desired, serve with additional kimchi.

Makes 4 servings (1½ cups each).

***NOTE** For easier slicing, wrap and freeze steak for 30 to 45 minutes before cutting it.

EACH SERVING 522 cal., 16 g fat (4 g sat. fat), 78 mg chol., 737 mg sodium, 62 g carb., 4 g fiber, 8 g sugars, 31 g pro.

TOFU-CELLOPHANE NOODLE STIR-FRY

START TO FINISH 35 minutes

- 1 12- to 14-oz. pkg. extra-firm tofu
- 4 oz. cellophane noodles (bean threads)
- 2 Tbsp. reduced-sodium soy sauce

- 2 Tbsp. rice vinegar
- 1 to 2 tsp. Asian chili paste (sambal oelek)
- 1 tsp. toasted sesame oil
- 2 Tbsp. canola oil
- 4 oz. shiitake mushrooms, stemmed and sliced ½ inch thick (1½ cups)
- 2 cloves garlic, thinly sliced
- 5 oz. yu choy, cut into 2-inch pieces (3 cups)
- 3 green onions, cut into 1½-inch pieces (white and green parts)
- ¼ cup water
- 3 Tbsp. hoisin sauce
- 2 tsp. grated fresh ginger
- ¼ tsp. ground cinnamon
- Dash ground cloves
- Lime wedges
- ¼ cup dry-roasted peanuts, chopped

1. Drain tofu. Pat dry with paper towels and place on a paper towel-lined plate. Cut into ¾-inch pieces.

2. Fill a 4-qt. saucepan with water and bring to boiling. Add cellophane noodles; remove from heat. Let stand 2 to 3 minutes or until noodles are softened. Drain; rinse with cool water and return to saucepan. Stir in soy sauce, vinegar, chili paste, and sesame oil.

3. In a 10-inch nonstick skillet heat 1 Tbsp. of the canola oil over medium heat. Add tofu; cook 5 to 7 minutes or until lightly browned, tossing occasionally. Transfer to saucepan with noodles; gently toss.

4. Add remaining 1 Tbsp. canola oil to skillet. Add mushrooms; cook and stir 3 minutes. Add garlic; cook and stir 1 minute. Add yu choy and green onions; cook and stir 2 minutes or just until wilted. Add the next five ingredients (through cloves); cook and stir 1 minute. Add noodle mixture and cook until heated through, stirring occasionally.

5. Serve with lime wedges and peanuts.

Makes 4 servings (1 cup each).

EACH SERVING 361 cal., 18 g fat (2 g sat. fat), 0 mg chol., 548 mg sodium, 40 g carb., 4 g fiber, 7 g sugars, 13 g pro.



TOFU-CELLOPHANE
NOODLE STIR-FRY



LO MEIN

LO MEIN

START TO FINISH 50 minutes

- 12 oz. skinless, boneless chicken breast halves
- 6 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. rice vinegar
- 4 tsp. sugar
- 10 oz. dried Chinese lo mein noodles or linguine
- ⅓ cup reduced-sodium chicken broth
- 2 tsp. cornstarch
- 1 Tbsp. vegetable oil
- 1 Tbsp. toasted sesame oil
- 4 cloves garlic, minced
- ½ cup shredded carrot
- 1 cup chopped bok choy
- 4 green onions, cut into 2-inch thin strips

1. Cut chicken into bite-size strips. In a medium bowl combine 2 Tbsp. of the soy sauce, the rice vinegar, and 2 tsp. of the sugar. Add chicken; toss to coat. Let stand at room temperature 20 minutes or cover and chill 1 hour. Meanwhile, cook noodles according to package directions; drain. Rinse with cold water; drain well. For sauce, in a small bowl stir together chicken broth, the remaining 4 Tbsp. soy sauce, the remaining 2 tsp. sugar, and the cornstarch.

2. Pour vegetable oil and sesame oil into a wok or 10-inch nonstick skillet. Heat over medium-high heat. Add garlic; cook and stir 30 seconds. Add carrot; cook and stir 2 minutes. Add bok choy and green onions; cook and stir 2 minutes more. Remove vegetables from wok.

3. Drain chicken; discard marinade. Add chicken to wok (add more oil if necessary); cook and stir 3 to 4 minutes or until no longer pink. Push chicken from center of wok. Stir sauce and add to center of wok. Cook and stir until thickened and bubbly. Add the cooked noodles and vegetables. Lightly toss the mixture until combined and heated through. Transfer to a platter. If desired, sprinkle with sesame seeds.



CHICKEN PAD THAI

Serve immediately. **Makes 6 servings (1½ cups each).**

EACH SERVING 326 cal., 7 g fat (1 g sat. fat), 73 mg chol., 615 mg sodium, 42 g carb., 2 g fiber, 7 g sugars, 22 g pro.

CHICKEN PAD THAI

START TO FINISH 45 minutes

- 8 oz. dried linguine-style rice noodles
- ¼ cup salted peanuts, finely chopped
- ¼ tsp. lime zest
- ¼ cup fish sauce
- 2 Tbsp. packed brown sugar
- 2 Tbsp. lime juice
- 2 Tbsp. rice vinegar
- 1 Tbsp. water
- 1 Tbsp. Asian chili sauce with garlic
- 3 Tbsp. vegetable oil
- 1 lb. skinless, boneless chicken breast halves, patted dry and cut into bite-size strips
- 6 cloves garlic, minced
- 1 egg, lightly beaten
- 1 cup fresh bean sprouts, rinsed and drained
- ⅓ cup sliced green onions
- 2 Tbsp. fresh cilantro leaves
- Lime wedges (optional)

1. Place rice noodles in a large bowl. Add enough boiling water to cover; let stand 10 to 15 minutes or until softened but still slightly chewy (al dente), stirring occasionally. Drain well.

2. Meanwhile, for peanut topping, in a bowl combine peanuts and lime zest. In another bowl whisk together the next six ingredients (through chili sauce).

3. In a 12-inch nonstick skillet heat 1 Tbsp. of the oil over medium-high heat. Add chicken and garlic to skillet; cook and stir about 6 minutes or until chicken is tender and no pink remains. Remove chicken from skillet.

4. Add egg to the hot skillet, tilting skillet to spread egg in an even layer (egg might not fill bottom of skillet); cook, without stirring, 30 seconds. Using a wide spatula, carefully turn egg round over; cook 30 to 60 seconds more or just until set. Transfer egg round to a plate. Cut egg round into bite-size strips.

5. In same skillet heat the remaining 2 Tbsp. oil over medium-high heat 30 seconds. Add sprouts; cook and stir 2 minutes. Add chicken and drained noodles (the noodles may clump together a bit, but they will separate). Stir in fish sauce mixture; cook 1 to 2 minutes more or until heated through. Transfer noodle mixture to individual plates. Top with egg strips, peanut topping, green onions, and cilantro. If desired, serve with lime wedges.

Makes 4 servings (1½ cups each).

EACH SERVING 551 cal., 19 g fat (3 g sat. fat), 119 mg chol., 1,790 mg sodium, 61 g carb., 2 g fiber, 10 g sugars, 32 g pro.



ITALIAN SAUSAGE GRINDERS
Recipe on page 195



SANDWICHES & PIZZA

From deep-dish Italian-style pie to pick-your-meat sliders, these handheld favorites are perfect for casual meals.

ANY TIME PIE. IF YOU DON'T HAVE TIME TO MAKE YOUR OWN PIZZA DOUGH, USE 1½ POUNDS OF REFRIGERATED PIZZA DOUGH INSTEAD.

DEEP-DISH PIZZA

HANDS-ON TIME 40 minutes

RISE 1 hour 20 minutes

STAND 10 minutes

BAKE 55 minutes at 400°F

COOL 10 minutes

Olive oil or vegetable oil

Cornmeal

1 cup warm water (120°F to 130°F)

1 pkg. active dry yeast

2¼ to 3¼ cups all-purpose flour

⅓ cup vegetable oil

½ tsp. salt

6 oz. bulk sweet Italian sausage

1 14.5-oz. can diced tomatoes, drained

1 Tbsp. chopped fresh oregano

1 Tbsp. chopped fresh basil

12 oz. sliced mozzarella cheese

¼ cup grated Parmesan cheese

1. Brush a 10×2-inch round cake pan or 10-inch springform pan with oil. Sprinkle bottom of pan with cornmeal. In a large bowl combine warm water and yeast, stirring to dissolve yeast. Let stand 5 minutes. Stir in 2½ cups of the flour, the ⅓ cup oil, and salt.

2. Turn dough out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (about 5 minutes). Shape dough into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover and let rise in a warm place until double (50 to 60 minutes). Punch dough down. Cover; let rest 5 minutes.

3. Place dough in prepared pan. Using oiled hands, press over bottom and 1½ inches up sides of pan. Cover; let rise in a warm place until double (30 to 35 minutes).

4. Preheat oven to 400°F. For filling, in an 8-inch skillet cook sausage until browned; drain fat. Using paper towels, pat sausage and wipe out skillet. Stir in tomatoes, oregano, and basil. Cook and stir until heated through.

5. Arrange half of mozzarella over dough. Spoon filling over cheese; top with remaining mozzarella and the Parmesan cheese.

6. Bake 55 to 60 minutes or until edge of crust is crisp and golden

brown and filling is heated through. If necessary, cover crust loosely with foil the last 10 minutes of baking to prevent overbrowning. Cool on a wire rack 10 minutes. (If using a springform pan, remove the pan ring.) If desired, sprinkle with additional Parmesan cheese and basil. Cut into wedges.

Makes 6 servings (1 wedge each).

13×9-INCH PAN PIZZA Instead of a round pan, brush oil on bottom and sides of a 13×9-inch baking pan. Sprinkle bottom of pan with cornmeal. Prepare dough as directed through Step 3, except on a floured surface roll dough to a 14×10-inch rectangle. Place dough in prepared pan, pressing ½ inch up sides. Cover; let rise in a warm place until nearly double in size (30 to 35 minutes). Prepare filling and assemble as directed in Steps 4 and 5. Continue as directed, except reduce baking time to 25 to 30 minutes.

EACH SERVING 646 cal., 35 g fat (12 g sat. fat), 51 mg chol., 956 mg sodium, 55 g carb., 3 g fiber, 2 g sugars, 26 g pro.





QUICK TIP. SAVE TIME BY USING PURCHASED FLATBREAD CRUST. (BONUS: IT COMES IN ASSORTED FLAVORS SUCH AS HERBED AND TOMATO.) IF USING A PURCHASED CRUST, REDUCE THE BAKING TIME TO 5 MINUTES AFTER ADDING THE TOPPINGS.

EASY FLATBREAD

HANDS-ON TIME 15 minutes

RISE 45 minutes

BAKE 15 minutes at 450°F

Olive oil or nonstick cooking spray

2 cups all-purpose flour

1 pkg. active dry yeast

1 tsp. sugar

½ tsp. kosher salt

1 Tbsp. olive oil

¾ cup warm water (120°F to 130°F)

Cornmeal

1. Coat a medium bowl with oil. In a food processor combine the next four ingredients (through salt). With the food processor running, add 1 Tbsp. olive oil and the warm water. Process until dough forms. Remove and shape into a smooth ball. Place dough in the prepared bowl; turn once to coat dough surface. Cover bowl with plastic wrap. Let stand in a warm place until double in size (45 to 60 minutes).

2. Preheat oven to 450°F. Lightly grease a baking sheet; sprinkle with cornmeal. On a lightly floured surface roll and stretch the dough into a 12×8-inch rectangle or oval. Place dough on prepared baking sheet. Lightly brush with olive oil. Add desired toppings as directed. If desired, drizzle with additional olive oil and sprinkle with salt.

3. Bake about 15 minutes or until crust is golden. **Makes 6 servings (1 square each).**

EACH SERVING 211 cal., 3 g fat (0 g sat. fat), 0 mg chol., 96 mg sodium, 40 g carb., 2 g fiber, 1 g sugars, 5 g pro.

GREEK Spread artichoke tapenade over flatbread crust. Sprinkle with Fontina cheese and top with halved grape or cherry tomatoes, halved pitted olives, and chopped red onion. Bake as directed. Sprinkle with snipped fresh parsley.

PROSCIUTTO AND ARUGULA

Spread dried-tomato pesto over flatbread crust. Top with crisp-cooked prosciutto (cut into bite-size pieces) and sprinkle with shredded provolone cheese. Bake as directed. Top with fresh arugula and a squeeze of fresh lemon juice.

MARGHERITA Top flatbread crust with halved grape tomatoes, halved small fresh mozzarella balls, and minced fresh garlic. Bake as directed. Top with torn fresh basil.

CHICKEN CAESAR Mix equal amounts Caesar dressing and sour cream; spread over flatbread crust. Top with shredded cooked chicken and shredded mozzarella cheese. Bake as directed. Top with lettuce, cherry tomatoes, Parmesan cheese, and crumbled cooked bacon.

MAKE A CALZONE

Start with one recipe Easy Flatbread dough, or 1 lb. thawed purchased frozen pizza dough for the crust. Let dough stand at room temperature 15 minutes.

Meanwhile, preheat oven to 375°F and line a large baking sheet with parchment paper or foil. Divide the dough into thirds. On a lightly floured surface roll each portion into an 8-inch circle.

Using toppings for the Easy Flatbread as a guide, spoon ¾ cup meat and/or vegetables and ¼ cup shredded cheese onto half of each round.

Mix together 1 egg and 1 Tbsp. water, and brush over edges of circles. Fold dough over filling and crimp edges to seal. Cut a few slits in the tops to allow steam to escape.

Place calzones on the prepared baking sheet and brush with remaining egg mixture. Bake 30 to 35 minutes or until golden. Cool slightly on baking sheets before serving with warm marinara sauce and Parmesan cheese.



MAKE-AHEAD WRAPS. FOR LUNCH TOMORROW, MAKE YOUR WRAP UP TO 24 HOURS AHEAD OF TIME. WRAP EACH SANDWICH TIGHTLY WITH PLASTIC WRAP AND REFRIGERATE UNTIL YOU'RE READY TO TOTE.



CHICKEN COBB WRAPS

START TO FINISH 30 minutes

- 1 recipe Green Onion Aioli
- 4 10-inch spinach-flavor flour tortillas
- 2 cups shredded deli-roasted chicken
- 2 cups shredded leaf lettuce
- 8 strips bacon, crisp-cooked
- 2 hard-boiled eggs, sliced
- 1 avocado, halved, seeded, peeled, and sliced
- $\frac{3}{4}$ cup quartered grape tomatoes
- $\frac{1}{2}$ cup crumbled blue cheese (2 oz.)

1. Spread 2 Tbsp. of the Green Onion Aioli over each tortilla to within $\frac{1}{2}$ inch of edges. On bottom halves of tortillas layer chicken, lettuce, bacon, eggs, avocado, tomatoes, and blue cheese. Fold in sides of tortillas to enclose filling and roll up. Cut each in half. Serve with remaining aioli for dipping.

Makes 8 servings ($\frac{1}{2}$ wrap each).

GREEN ONION AIOLI In a small bowl stir together 1 cup mayonnaise, 6 Tbsp. chopped green onions; 4 tsp. lemon juice; 2 cloves garlic, minced; and $\frac{1}{2}$ tsp. cracked black pepper.

EACH SERVING 475 cal., 35 g fat (8 g sat. fat), 112 mg chol., 792 mg sodium, 22 g carb., 3 g fiber, 2 g sugars, 20 g pro.

SANTA FE TURKEY WRAPS

START TO FINISH 25 minutes

- $\frac{1}{2}$ cup cream cheese spread with jalapeño
- 4 10-inch tomato-flavor flour tortillas
- $\frac{3}{4}$ cup frozen roasted or whole kernel corn, thawed
- 3 cups chopped cooked turkey breast

- 1 avocado, halved, seeded, peeled, and sliced
- $\frac{1}{2}$ of a medium red onion, thinly sliced
- 2 roma tomatoes, halved lengthwise and thinly sliced
- 3 cups shredded romaine lettuce
- Lime wedges (optional)
- Southwest chipotle-flavor or plain ranch salad dressing

1. Spread cream cheese on tortillas to within $\frac{1}{2}$ inch of edges. On bottom halves of tortillas layer corn, turkey, avocado, onion, tomatoes, and lettuce. If desired, squeeze a lime wedge over each. Fold in sides of tortillas to enclose filling and roll up. Cut each in half. Serve with dressing.

Makes 8 servings ($\frac{1}{2}$ wrap each).

EACH SERVING 395 cal., 24 g fat (5 g sat. fat), 57 mg chol., 580 mg sodium, 26 g carb., 5 g fiber, 5 g sugars, 21 g pro.

SANTA FE TURKEY WRAPS





WHAT'S A SLIDER? A SLIDER IS AN AMERICAN TERM FOR A STEAM-GRILLED SANDWICH. WHILE ORIGINALLY REFERRING TO A SMALL HAMBURGER, THE TERM HAS SINCE BEEN APPROPRIATED TO DESCRIBE ANY SMALL SANDWICH MADE WITH A SLIDER ROLL.

HOT HAM AND CHEESE SLIDERS

HANDS-ON TIME 30 minutes

BAKE 25 minutes at 350°F

- 12 Hawaiian sweet rolls, split
- 12 oz. deli-style thinly sliced Black Forest ham
- 6 oz. thinly sliced white cheddar cheese
- 1 5.2-oz. container semisoft cheese with garlic and fine herbs
- 6 Tbsp. butter, melted
- 2 tsp. finely chopped shallot
- 1 Tbsp. chopped fresh parsley
- 1 tsp. Dijon mustard
- 1 clove garlic, minced

1. Preheat oven to 350°F. Arrange bottoms of rolls in a 13×9-inch baking pan or 3-qt. rectangular baking dish. Layer ham and cheddar cheese on

rolls in pan. Spread cut sides of roll tops with semisoft cheese and place on cheddar layer. For drizzle, in a bowl combine remaining ingredients and spoon over sandwiches.

2. Cover pan with foil. Bake 15 minutes. Remove foil; bake 10 to 15 minutes more or until cheese is melted and roll tops are light brown. **Makes 12 sliders.**

EACH SLIDER 298 cal., 19 fat (12 g sat. fat), 72 mg chol., 614 mg sodium, 20 g carb., 1 g fiber, 8 g sugars, 13 g pro.



ROAST BEEF SLIDERS Prepare as directed, except use 3-inch sourdough rolls. Layer roll bottoms with 12 oz. deli-style roast beef and 1½ cups chopped pickled mixed vegetables. Top with 6 oz. thinly sliced provolone cheese.

Spread cut sides of roll tops with one 8-oz. tub cream cheese spread with garden vegetables. For drizzle, combine ¼ cup olive oil; 2 cloves garlic, minced; 1 tsp. dried Italian seasoning, crushed; and ½ tsp. crushed red pepper. Bake as directed.



BARBECUE CHICKEN SLIDERS

Prepare as directed, except use 3-inch sandwich rolls. Cook 1½ lb. skinless, boneless chicken breast; shred. In a bowl combine chicken; 1 cup chopped pineapple, well drained; ⅔ cup barbecue sauce; and ¼ cup chopped pickled jalapeño peppers; spoon onto roll bottoms. Top with 1½ cups shredded Monterey Jack cheese. For drizzle, combine 6 Tbsp. melted butter, 2 Tbsp. honey, 1 Tbsp. Worcestershire sauce, and ½ tsp. black pepper. Bake as directed.



NIÇOISE SALAD
SANDWICHES

NIÇOISE SALAD SANDWICHES

START TO FINISH 20 minutes

- ½ cup fresh thin green beans, trimmed
- 4 leaves butterhead (Boston or Bibb) lettuce
- 4 whole wheat or plain pita bread rounds
- 2 5-oz. cans solid light tuna packed in oil, drained
- 1 medium tomato, thinly sliced
- ½ of a medium red onion, thinly sliced
- 2 hard-boiled eggs, sliced (optional)
- 1 recipe Parsley Gremolata Vinaigrette or purchased Greek vinaigrette

1. Steam green beans or cook in boiling water 4 to 5 minutes or just until crisp-tender. Plunge into ice water; drain.

2. Place a lettuce leaf on each pita round. Arrange green beans on lettuce. Top with tuna, tomato, onion, and, if desired, egg slices. Drizzle with Parsley Gremolata Vinaigrette. Fold over to serve. **Makes 4 sandwiches.**

TO MAKE AHEAD Prepare as directed, except place vinaigrette in a container with a tight-fitting lid. Wrap sandwiches in plastic wrap. Refrigerate dressing and sandwiches up to 24 hours. To serve, drizzle vinaigrette over filling.

PARSLEY GREMOLATA VINAIGRETTE

In a screw-top jar combine ¼ cup white wine vinegar; ¼ cup olive oil; 2 Tbsp. chopped fresh parsley; 2 tsp. Dijon mustard; 2 cloves garlic, minced; ½ tsp. lemon zest; ¼ tsp. salt; and ¼ tsp. cracked black pepper. Cover and shake well to combine.

EACH SANDWICH 411 cal., 19 g fat (3 g sat. fat), 9 mg chol., 752 mg sodium, 40 g carb., 5 g fiber, 4 g sugars, 22 g pro.

AVOCADO BLT SANDWICHES

START TO FINISH 25 minutes

- 1 ripe avocado
- 2 Tbsp. light mayonnaise
- 1 tsp. lemon juice
- 1 clove garlic, minced
- 4 slices bacon, crisp-cooked and halved crosswise
- 4 leaves romaine lettuce
- 1 tomato, thinly sliced
- 8 slices whole wheat bread, toasted

1. Halve, seed, and peel avocado. In a bowl mash one of the avocado halves with a wooden spoon. Stir in mayonnaise, lemon juice, and garlic. Thinly slice the remaining avocado half.

2. Arrange avocado slices, bacon, lettuce, and tomato on four of the bread slices. Spread mashed avocado mixture over remaining four bread slices; place on sandwiches, spread sides down. **Makes 4 sandwiches.**

EACH SANDWICH 272 cal., 12 g fat (2 g sat. fat), 9 mg chol., 482 mg sodium, 31 g carb., 7 g fiber, 4 g sugars, 12 g pro.

AVOCADO BLT CLUB SANDWICHES

Prepare as directed, except add 4 oz. each deli-style thinly sliced cooked ham and turkey or chicken.

EACH SANDWICH 311 cal., 13 g fat (3 g sat. fat), 34 mg chol., 953 mg sodium, 29 g carb., 7 g fiber, 6 g sugars, 20 g pro.

AVOCADO BLT SANDWICHES







BANH MI SANDWICHES

START TO FINISH 30 minutes

- 1/4 cup mayonnaise
- 5 tsp. sriracha sauce
- 12 oz. pork tenderloin
- 1 Tbsp. reduced-sodium soy sauce
- 1 small cucumber, seeded and cut into thin strips
- 1 small red sweet pepper, cut into thin strips
- 1/2 cup shredded carrot
- 1/4 cup chopped green onions
- 1 10-oz. loaf baguette-style French bread, split horizontally
- 1/4 cup fresh cilantro leaves
- 1 fresh jalapeño pepper, thinly sliced and, if desired, seeded (tip, p. 28)

1. For sriracha mayonnaise, in a bowl stir together mayonnaise and 3 tsp. of the sriracha sauce.

2. Trim fat from meat. Cut meat crosswise into 1/2-inch slices. Press each piece with the palm of your hand to make an even thickness. In a bowl combine the remaining 2 tsp. sriracha sauce and the soy sauce. Brush sauce mixture over pork slices. In a greased grill pan or 12-inch skillet cook meat over medium-high heat 4 to 6 minutes or until slightly pink in center and juices run clear, turning once.

3. In a bowl combine cucumber, sweet pepper, carrot, and green onions.

4. Spread bread with sriracha mayonnaise. Place meat on the bottom half of the baguette. Top with vegetable mixture, cilantro, jalapeño slices, and top half of baguette. Slice into six portions. **Makes 6 servings (1 portion each).**

EACH SERVING 277 cal., 11 g fat (2 g sat. fat), 42 mg chol., 571 mg sodium, 27 g carb., 1 g fiber, 3 g sugars, 16 g pro.

WHAT IS BANH MI? THINLY SLICED PORK, FRESH VEGGIES, AND CILANTRO ARE PILED HIGH ON A BAGUETTE TO CREATE THIS VIETNAMESE-STYLE SANDWICH. IF YOU LIKE IT SPICY, ADD EXTRA SRIRACHA SAUCE TO THE MAYO.



TOASTING BUNS

Toast rolls and hoagie buns in a toaster oven or use your broiler. For the broiler, place rolls, cut sides up, on a baking sheet; broil 4 to 5 inches from heat 1 to 2 minutes or until golden.

SLOPPY JOES

SLOPPY JOES

START TO FINISH 25 minutes

- 1½ lb. ground beef, pork, turkey, or chicken
- ½ cup chopped green sweet pepper
- ½ cup chopped onion
- 1 8-oz. can tomato sauce
- 2 Tbsp. water
- 2 tsp. chili powder
- 6 hamburger or pretzel buns or kaiser rolls, split and toasted (tip, *opposite*)
- Mustard, chopped onion, pickles, and/or sliced pepperoncini peppers

1. In a 10-inch skillet cook first three ingredients (through ½ cup onion) until meat is browned; drain. Stir in tomato sauce, the water, and chili powder. Simmer, uncovered, 5 minutes. Serve on buns with mustard, onion, pickles, and/or peppers. **Makes 6 sandwiches.**

EACH SANDWICH 412 cal., 22 fat (8 g sat. fat), 78 mg chol., 627 mg sodium, 27 g carb., 2 g fiber, 6 g sugars, 25 g pro.

ITALIAN SAUSAGE GRINDERS

HANDS-ON TIME 25 minutes

COOK 30 minutes

- 1 lb. bulk hot or sweet Italian sausage
- 1 14.5-oz. can fire-roasted diced tomatoes, undrained
- 1 14.5-oz. can crushed tomatoes
- 2 cloves garlic, minced
- 1 tsp. balsamic vinegar



ITALIAN SAUSAGE GRINDERS

- 1½ tsp. dried Italian seasoning, crushed
- ¼ tsp. salt
- ¼ tsp. crushed red pepper
- 1 small yellow onion, sliced
- 1 small green sweet pepper, seeded and cut into strips
- 2 Tbsp. olive oil
- 4 French-style rolls or hoagie buns, split
- 4 slices provolone cheese

1. In a 3-qt. saucepan cook sausage over medium heat until no longer pink; drain fat. Stir in the next seven ingredients (through crushed red pepper). Bring to boiling; reduce heat. Simmer, uncovered, 30 minutes or until thickened, stirring occasionally.

2. Meanwhile, in a 10-inch skillet cook onion and sweet pepper in hot oil over medium heat until tender. Keep warm.

3. Preheat broiler. Place split rolls on a baking sheet. If desired, toast rolls under broiler. Spoon the meat mixture evenly on the bottom halves of rolls. Top with onion mixture and cheese slices. Broil 4 to 5 inches from heat 2 to 3 minutes or until cheese melts and bubbles. If desired, sprinkle with additional Italian seasoning.

Makes 4 sandwiches.

EACH SANDWICH 710 cal., 50 g fat (18 g sat. fat), 101 mg chol., 1,765 mg sodium, 36 g carb., 4 g fiber, 6 g sugars, 28 g pro.



BEER-BRAISED BRATS

BEER-BRAISED BRATS

HANDS-ON TIME 20 minutes

COOK 10 minutes

GRILL 10 minutes

- 2 medium onions, cut into thin wedges (2 cups)
- ¼ cup butter
- 1 12-oz. bottle dark German beer
- 1 Tbsp. packed brown sugar
- 1 Tbsp. cider vinegar
- 1 tsp. Worcestershire sauce
- ½ tsp. caraway seeds
- ½ tsp. dried thyme, crushed
- 5 uncooked bratwurst links (1¼ lb. total)
- 5 hoagie or bratwurst buns or crusty rolls, split and toasted
- Stone-ground mustard

1. In a 3-qt. saucepan cook and stir onions in butter over medium heat 8 to 10 minutes or until beginning to brown. Add the next six ingredients (through thyme). Bring to boiling; reduce heat. Add brats. Cover; simmer 10 minutes.

Remove brats from cooking liquid; keep liquid warm.

2. Grill brats, covered, over medium heat 10 to 15 minutes or until an instant-read thermometer inserted into brats registers 160°F, turning occasionally. If desired, return brats to cooking liquid to keep warm until serving time.

3. To serve, place grilled brats in buns. Strain onions from liquid; discard liquid. Top brats with onions and serve with mustard. **Makes 5 sandwiches.**

EACH SANDWICH 598 cal., 34 g fat (13 g sat. fat), 88 mg chol., 1,309 mg sodium, 44 g carb., 3 g fiber, 9 g sugars, 27 g pro.

EGG SALAD SANDWICHES

START TO FINISH 15 minutes

- 8 hard-boiled eggs, chopped
- ¼ cup finely chopped green onions
- ¼ cup mayonnaise
- 1 Tbsp. yellow mustard
- 1 Tbsp. pickle relish (optional)

- 1 tsp. chopped fresh dill, tarragon, or chives (optional)
- ¼ tsp. salt
- ⅓ tsp. black pepper
- 8 slices bread or 4 small croissants, split
- Lettuce leaves

1. In a large bowl combine eggs and green onions. Stir in the next six ingredients (through pepper). Spread egg salad on four of the bread slices. Top with lettuce and remaining bread slices. **Makes 4 sandwiches.**

EACH SANDWICH 394 cal., 23 g fat (6 g sat. fat), 429 mg chol., 729 mg sodium, 27 g carb., 2 g fiber, 4 g sugars, 17 g pro.

CHICKEN (OR HAM OR TUNA) SALAD SANDWICHES

HANDS-ON TIME 15 minutes

CHILL 1 hour

- 2½ cups cubed cooked chicken or ham (1 lb.) or four 4-oz. cans water-pack tuna, drained and broken into chunks
- ½ to 1 cup mayonnaise
- ½ cup finely chopped celery
- ¼ cup thinly sliced green onions
- ¼ tsp. salt*
- 12 slices bread
- Lettuce leaves

1. For chicken or ham salad, in a food processor combine meat, ½ cup mayonnaise, the celery, green onions, and salt. Cover and pulse until creamy and finely chopped. (For tuna salad, do not process; in a bowl stir together tuna, ½ cup mayonnaise, the celery, green onions, and salt.) Transfer ham or chicken salad to a bowl. If needed, stir in additional mayonnaise. Cover and chill all salads 1 to 4 hours. Spread on six slices of bread. Top with lettuce and remaining bread slices.

Makes 6 sandwiches.

***NOTE** If using ham, omit salt.

EACH SANDWICH 404 cal., 21 g fat (4 g sat. fat), 75 mg chol., 531 mg sodium, 25 g carb., 2 g fiber, 3 g sugars, 27 g pro.

EGG SALAD
SANDWICHES





HAM & APPLE. OUR PICKS FOR THE SANDWICH SHOWN ON THE OPPOSITE PAGE: THINLY SLICED COOKED HAM, SLICED TALEGGIO OR BRIE CHEESE, THINLY SLICED APPLE, AND MANGO CHUTNEY

PANINI

START TO FINISH 20 minutes

Filling (below)

- 8 slices French, sourdough, or Italian bread, sliced $\frac{3}{4}$ inch thick
- 2 Tbsp. olive oil or softened butter

1. Preheat a covered indoor grill or panini press. Layer desired amount of Filling ingredients on four slices of bread. Top with the remaining bread slices. Brush outsides of sandwiches with oil or spread with butter.

2. Place sandwiches (half at a time if necessary) in indoor grill or panini press. Cover and cook 6 minutes or until cheese melts (or until heated through) and bread is crisp.

Makes 4 sandwiches.



CAPRESE Sliced roma tomatoes, sliced fresh mozzarella; shredded basil; balsamic vinegar



BACON-CHEDDAR CHICKEN

Shredded chicken, crisp-cooked bacon, sliced tomato, spinach, sliced cheddar, ranch dressing



REUBEN Sliced corned beef, sauerkraut, sliced Swiss cheese, Thousand Island salad dressing

NO PANINI PRESS? NO PROBLEM.

Make your own panini press with pans and cans you already have on hand.



Heat a 10-inch skillet or grill pan over medium heat. Assemble and oil the sandwiches as directed; place in heated skillet. Weight the sandwiches down by placing a second skillet on top of the sandwiches; add a few unopened cans of food to the top skillet. (If you use a heavy cast-iron skillet, you might not need to use the cans for weight.) Cook about 2 minutes; turn sandwiches. Replace skillet and weights; cook 2 minutes more or until sandwiches are golden and heated through.



SUCCOTASH SALAD
Recipe on page 203

A decorative border at the top of the page featuring a red and white checkered pattern.

MAIN-DISH SALADS

Fresh, crunchy, and full of flavor, these beautiful bowls are perfect for warm days—and for getting your veggies.



TACO SALAD

QUICK CHIPS. IF YOU HAVE THE TIME, HOMEMADE TORTILLA CHIP—BAKED OR FRIED—ARE WONDERFUL, WARM AND EXTRA CRUNCHY. IF NOT, GOOD-QUALITY PURCHASED TORTILLA CHIPS ARE PERFECTLY FINE WITH THIS TACO SALAD.

TACO SALAD

HANDS-ON TIME 30 minutes

COOK 10 minutes

- 1 recipe Tortilla Chips
- 8 oz. lean ground beef or +turkey
- 3 cloves garlic, minced
- 1 15-oz. can dark red kidney beans or black beans, rinsed and drained
- 1 cup salsa
- $\frac{3}{4}$ cup frozen whole kernel corn, thawed (optional)
- 6 cups shredded leaf or iceberg lettuce
- 1 cup chopped tomatoes
- 1 cup chopped green sweet pepper
- $\frac{1}{2}$ cup thinly sliced green onions
- 1 cup chopped avocado (optional)
- $\frac{3}{4}$ cup shredded sharp cheddar cheese (3 oz.)

1. Prepare Tortilla Chips. In a 2-qt. saucepan cook ground beef and garlic until beef is browned. Drain fat. Stir in kidney beans, salsa, and, if desired, thawed corn. Bring to boiling; reduce heat. Simmer, covered, 10 minutes.

2. Arrange lettuce on a platter or in dishes. Top with hot meat mixture, tomatoes, sweet pepper, and green onions. If desired, top with avocado. Sprinkle with cheese and serve Tortilla Chips with salad. If desired, serve with *sour cream* and additional salsa.

Makes 6 servings (2 cups salad + 1 tortilla each).

TORTILLA CHIPS Cut six 7- to 8-inch flour or corn tortillas into wedges. To bake, preheat oven to 350°F (425°F for corn). Lightly coat tortillas with nonstick cooking spray; sprinkle with salt. Arrange on baking sheets. Bake 8 to 10 minutes or until golden; cool in pans. To fry, in a heavy deep skillet heat $\frac{1}{2}$ inch vegetable oil to 375°F. Fry wedges in batches until golden, turning once. Transfer to paper towels with a slotted spoon. While warm, sprinkle with salt.

EACH SERVING 356 cal., 12 g fat (6 g sat. fat), 38 mg chol., 1,065 mg sodium, 43 g carb., 7 g fiber, 6 g sugars, 20 g pro.

SUCCOTASH SALAD

Photo on p. 200

HANDS-ON TIME 25 minutes

COOK 20 minutes

- 2 ears fresh sweet corn
- 1 cup fresh lima beans
- 1 large head butterhead (Boston or Bibb) lettuce, torn
- 2 cups sliced grilled chicken breast
- 6 slices bacon, crisp-cooked and crumbled
- $\frac{1}{2}$ cup finely chopped red onion
- $\frac{1}{2}$ cup crumbled blue cheese or feta cheese (2 oz.)
- 1 recipe Buttermilk-Avocado Dressing

1. Cut corn kernels from cobs. In a 1- or $1\frac{1}{2}$ -qt. saucepan bring 1 cup water to boiling. Add lima beans; simmer about 15 minutes or until tender. Remove beans with a slotted spoon. Add corn to water. Simmer 3 minutes or until tender; drain.

2. Arrange lettuce on a large platter. Arrange the next four ingredients (through blue cheese) and the corn and lima beans on lettuce. Serve with Buttermilk-Avocado Dressing.

Makes 4 servings (1 $\frac{1}{4}$ cups salad + about 3 Tbsp. dressing each).

BUTTERMILK-AVOCADO DRESSING

In a blender combine $\frac{3}{4}$ cup buttermilk; half of an avocado, peeled and seeded; 1 Tbsp. chopped fresh Italian parsley; $\frac{1}{4}$ tsp. each onion powder, dry mustard, salt, and black pepper; and 1 clove garlic, minced. Cover and blend until smooth. Serve immediately.

EACH SERVING 365 cal., 15 fat (6 g sat. fat), 89 mg chol., 711 mg sodium, 24 g carb., 5 g fiber, 7 g sugars, 34 g pro.

WHAT IS FATTOUSH (FAAH-TOOSH)? A FRESH MIX OF VEGGIES AND TOASTED PITA BREAD CROUTONS ARE THE BUILDING BLOCKS OF THIS CLASSIC MIDDLE EASTERN SALAD. MAKE IT YOUR OWN BY TOSSING IN GRILLED CHICKEN OR LAMB OR ROASTED EGGPLANT OR ZUCCHINI.



BROCCOLI-BACON SALAD

HANDS-ON TIME 20 minutes
CHILL 2 hours

- 1 cup mayonnaise
- ½ cup raisins
- ¼ cup finely chopped red onion
- 3 Tbsp. sugar
- 2 Tbsp. vinegar
- 7 cups chopped fresh broccoli florets
- ½ cup shelled sunflower kernels
- 8 slices bacon, crisp-cooked, drained, and crumbled

1. In a large bowl stir together mayonnaise, raisins, onion, sugar, and vinegar. Add broccoli and stir to coat. Cover and chill 2 to 24 hours. Before serving, stir in sunflower kernels and bacon. **Makes 12 servings (½ cup each).**

EACH SERVING 247 cal., 20 g fat (4 g sat. fat), 13 mg chol., 242 mg sodium, 13 g carb., 2 g fiber, 8 g sugars, 5 g pro.

FATTOUSH SALAD

START TO FINISH 30 minutes

- 2 Tbsp. vegetable oil
- 2 pita bread rounds, torn into bite-size pieces
- ¼ cup olive oil
- ¼ cup lemon juice
- 2 cloves garlic, minced
- ½ tsp. ground sumac (optional)
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- 4 cups torn romaine lettuce
- ½ of a medium cucumber, seeded and coarsely chopped
- ½ cup sliced radishes
- ½ cup sliced green onions
- ¼ cup chopped fresh mint and/or Italian parsley
- ½ cup crumbled ricotta salata cheese

1. In a 10-inch skillet heat 1 Tbsp. of the vegetable oil over medium-high heat. Add half of the pita pieces. Cook 2 to 3 minutes or until toasted, stirring occasionally. Transfer pita pieces to paper towels to drain. Repeat with the remaining 1 Tbsp. vegetable oil and pita pieces.

2. For dressing, in an extra-large bowl whisk together the next six ingredients (through pepper).

3. Add the next five ingredients (through mint) to bowl; toss to coat. Add pita pieces and cheese; toss to combine. **Makes 4 servings (2 cups each).**

EACH SERVING 331 cal., 24 g fat (5 g sat. fat), 13 mg chol., 486 mg sodium, 24 g carb., 3 g fiber, 3 g sugars, 6 g pro.

BAKE INSTEAD For a lighter option, you can bake the pita instead of frying. Preheat oven to 350°F. Omit vegetable oil. Lightly coat torn pita bread with nonstick cooking spray. Arrange pita pieces evenly in a 15×10-inch baking pan. Bake 10 to 15 minutes or until golden and crisp. Continue as directed in Step 2.

FATTOUSH SALAD





SOUTHERN-STYLE
LAYERED SALAD

SOUTHERN-STYLE LAYERED SALAD

HANDS-ON TIME 30 minutes

COOL 1 hour

CHILL Overnight

- 1 8.5-oz. pkg. corn muffin mix
- 1 cup mayonnaise
- 1 8-oz. carton sour cream
- 1 1-oz. envelope ranch dry salad dressing mix
- 2 cups shredded cheddar cheese (8 oz.)
- 2 15-oz. cans pinto beans, rinsed and drained
- 2 15.25-oz. cans whole kernel corn, drained
- 10 slices bacon, crisp-cooked, drained, and crumbled
- 3 cups coarsely chopped tomatoes
- 1 cup chopped green and/or red sweet pepper
- ½ cup sliced green onions

1. Prepare corn muffin mix according to package directions for corn bread.

Cool and crumble (should have about 5 cups).*

2. For dressing, in a small bowl whisk together mayonnaise, sour cream, and salad dressing mix.

3. In a 3- to 4-qt. glass bowl or 3-qt. rectangular baking dish layer crumbled corn bread and 1 cup of the cheese. Spread with half of the dressing. In the following order, layer beans, corn, the remaining 1 cup cheese, bacon, tomatoes, sweet pepper, and the remaining dressing. Cover and chill overnight. Before serving, sprinkle salad with green onions. **Makes 18 servings (¾ cup each).**

*NOTE If desired, toast the crumbled corn bread so it has more structure. Preheat oven to 350°F. Spread the corn bread in a 15×10-inch baking pan. Bake about 10 minutes or until crisp; cool.

EACH SERVING 342 cal, 21 g fat (7 g sat. fat), 38 mg chol, 779 mg sodium, 30 g carb., 4 g fiber, 3 g sugars, 11 g pro.

DEVILED EGG- MACARONI SALAD

START TO FINISH 30 minutes

- 2 cups dried elbow macaroni (8 oz.)
- ½ of a recipe Pickled Red Onion + 1 Tbsp. pickling liquid
- ½ cup mayonnaise
- 3 Tbsp. country-style Dijon mustard
- ¼ tsp. salt
- ½ tsp. smoked paprika
- ¼ tsp. cracked black pepper
- 1½ cups very thinly sliced celery
- ½ cup chopped sweet pickles
- 1 recipe Deviled Eggs

1. Cook macaroni according to package directions; drain. Rinse with cold water; drain again.

2. For dressing, in a bowl stir together the 1 Tbsp. pickling liquid and the next five ingredients (through pepper).

3. In a large bowl combine macaroni, celery, and pickles. Add dressing; toss gently to coat. Top with Pickled Red Onion and Deviled Eggs. Sprinkle with additional smoked paprika and/or cracked black pepper. Serve immediately, or cover and chill salad, Pickled Red Onion, and eggs separately up to 6 hours.

Makes 6 servings (1 cup each).

PICKLED RED ONION In a 1- or 1½-qt. saucepan combine 1 cup thinly sliced red onion, ½ cup cider vinegar, and 2 tsp. sugar. Bring to simmering, stirring occasionally. Remove from heat; let cool. Drain and store, covered, in the refrigerator up to 3 days.

DEVILED EGGS Halve 6 hard-boiled eggs lengthwise and remove yolks. Set whites aside. Place yolks in a small bowl; mash with a fork. Add ¼ cup mayonnaise, 1 tsp. yellow mustard, and 1 tsp. vinegar; mix well. If desired, season with salt and black pepper. Spoon or pipe yolk mixture into egg white halves.

EACH SERVING 447 cal, 27 g fat (5 g sat. fat), 199 mg chol, 616 mg sodium, 35 g carb., 2 g fiber, 6 g sugars, 12 g pro.



DEVILED EGG-
MACARONI SALAD

**PASTA PRESOAK**

An overnight soak in lemon juice and oil keeps the pasta moist. This presoak prevents the pasta from later absorbing the dressing, which would dry out the salad.

WHAT IS PROSCIUTTO? PROSCIUTTO IS A DELICIOUSLY SALTY CURED ITALIAN HAM THAT COMES IN VERY THIN SLICES. WE LOVE IT WRAPPED AROUND ASPARAGUS, MELON, AND FRESH MOZZARELLA, BUT IT'S ALSO DELICIOUS CHOPPED AND CRISP-COOKED IN SALADS AND ON HOMEMADE PIZZA.

SUMMER PASTA SALAD

HANDS-ON TIME 40 minutes

CHILL 12 hours

- 8 oz. dried lasagna noodles, broken into 3-inch pieces, or 3 cups dried farfalle or penne pasta
- 2 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 tsp. salt
- 1 clove garlic, minced
- 1½ cups fresh green beans, trimmed
- 8 oz. tiny fresh mozzarella balls or cubed fresh mozzarella cheese
- 1½ cups thinly sliced yellow summer squash and/or zucchini
- 1 cup chopped tomato, halved cherry tomatoes, and/or halved grape tomatoes
- 2 oz. thinly sliced prosciutto, torn into bite-size pieces, or salami, halved and sliced (optional)
- 1 cup arugula or fresh baby spinach
- ½ cup thinly sliced, halved red onion or sliced green onions
- ½ cup pitted ripe olives, halved pitted Kalamata olives, or sliced pimiento-stuffed green olives (optional)
- 2 to 3 Tbsp. slivered fresh basil
- 1 recipe Red Wine Vinaigrette

1. Cook pasta according to package directions; drain. Rinse with cold water; drain again. In an extra-large bowl whisk together olive oil, lemon juice, salt, and garlic. Add pasta; toss to coat. Cover and chill at least 8 hours or up to 24 hours.

2. In a 4-qt. saucepan cook green beans in a large amount of boiling water 5 minutes; drain and let cool. Add green beans and the next eight ingredients (through basil) to pasta. Add Red Wine Vinaigrette; toss to coat. Cover and chill at least 4 hours or up to 24 hours. **Makes 16 servings (¾ cup each).**

RED WINE VINAIGRETTE In a screw-top jar combine 1 cup olive oil; ½ cup red wine vinegar, white wine vinegar, rice vinegar, or cider vinegar; ¼ cup finely chopped shallots; 2 Tbsp. chopped fresh oregano, thyme, or basil, or 1 tsp. dried oregano, thyme, or basil, crushed; 1 Tbsp. Dijon mustard or ½ tsp. dry mustard; 2 tsp. sugar; 2 cloves garlic, minced; and ¼ tsp. each salt and black pepper. Cover and shake well.

EACH SERVING 245 cal., 19 g fat (4 g sat. fat), 10 mg chol., 290 mg sodium, 14 g carb., 1 g fiber, 2 g sugars, 5 g pro.



FALL PASTA SALAD Prepare as directed, except substitute 2 cups cubed roasted butternut squash (below), 1 cup fresh whole kernel corn or broccoli florets, and 1 cup bite-size strips red, green, and/or yellow sweet pepper for the green beans and summer squash. Substitute cheddar, smoked cheddar, or Gouda cheese for the mozzarella. Substitute 1 cup torn kale for the arugula. Use the salami option. Substitute 1 Tbsp. chopped fresh thyme for the basil. Use a herb vinaigrette for the dressing, using cider vinegar for the vinegar and a combination of hazelnut oil and olive oil.

ROASTING SQUASH Preheat oven to 425°F. Halve, seed, and peel half of a butternut squash; cut into 1-inch cubes. Toss squash cubes with 1 Tbsp. vegetable oil. Place cubes in a shallow baking pan. Sprinkle with salt and black pepper. Roast 15 to 20 minutes or until squash is tender and brown.





LOVE THOSE BABY BLUES. ANY TYPE OF BLUE CHEESE—GORGONZOLA, ROQUEFORT, MAYTAG, AND MORE—IS A YUMMY COMPLEMENT TO THE SLIGHT SWEETNESS OF THIS SALAD.

WARM SPINACH SALAD

START TO FINISH 20 minutes

- 6 cups fresh baby spinach or torn spinach
- ¼ cup thinly sliced green onions
- Dash black pepper
- 4 slices bacon
- Vegetable oil (optional)
- ⅓ cup cider vinegar
- 1 Tbsp. sugar
- 2 tsp. Dijon mustard or 1 tsp. dry mustard
- ½ Tbsp. pecan halves
- ½ Tbsp. dried cherries
- 1 hard-boiled egg, chopped
- Blue cheese wedges (optional)

1. In a large bowl combine the spinach and green onions. Sprinkle with pepper.

2. In a 10-inch skillet cook bacon until crisp. Drain bacon on paper towels, reserving 2 Tbsp. drippings in skillet (add vegetable oil if necessary).

Slice or crumble bacon. Stir vinegar, sugar, and mustard into drippings in skillet. Bring to boiling; remove from heat and immediately pour over spinach mixture. Toss until spinach is completely coated and just beginning to wilt. Add bacon, pecans, and dried cherries. Toss to combine.

3. Transfer spinach mixture to plates. Top with chopped egg and, if desired, blue cheese wedges. Serve immediately. **Makes 4 servings (1½ cups each).**

EACH SERVING 293 cal., 20 g fat (5 g sat. fat), 61 mg chol., 247 mg sodium, 23 g carb., 3 g fiber, 17 g sugars, 7 g pro.

HEALTHY TWIST. CUT FAT AND SODIUM SIGNIFICANTLY BY REPLACING THE BACON WITH LOWER-SODIUM, LESS-FAT BACON. YOU CAN ALSO USE LIGHT SOUR CREAM IN THE DRESSING.



BLT SALAD WITH CREAMY CHIVE DRESSING

START TO FINISH 20 minutes

- 14 slices smoked bacon (12 oz.)
- 2 Tbsp. cider vinegar
- 1 clove garlic, minced
- Pinch salt
- $\frac{3}{4}$ cup sour cream
- $\frac{1}{4}$ cup chopped fresh chives
- 2 Tbsp. olive oil
- 1 to 2 Tbsp. milk
- 3 large ripe tomatoes, cut into wedges
- 2 large croissants or one 8-oz. baguette, sliced and toasted
- 1 head green leaf or Bibb lettuce, broken into leaves
- Salt and black pepper

1. In a 12-inch skillet cook bacon until crisp; drain bacon on paper towels. Meanwhile, for dressing, in a bowl combine vinegar, garlic, and salt; let stand 10 minutes. Whisk in sour cream, chives, and olive oil. Stir in milk until desired consistency.

2. On a platter arrange tomatoes, croissant slices, lettuce, and bacon. Season to taste with salt and pepper; drizzle with dressing. **Makes 4 servings (about 1 cup each).**

EACH SERVING 428 cal., 24 g fat (8 g sat. fat), 49 mg chol., 890 mg sodium, 35 g carb., 2 g fiber, 5 g sugars, 16 g pro.

BACON AND PEAR AUTUMN SALAD

START TO FINISH 25 minutes

- 8 slices smoked peppered bacon
- 1 Tbsp. olive oil
- 2 shallots, thinly sliced
- Pinch salt
- 2 Tbsp. red wine vinegar
- 6 cups torn fresh kale, Swiss chard, and/or beet greens
- 1 cup cooled cooked grain, such as barley or farro
- 2 Bosc pears, cored and thinly sliced
- 4 oz. Gouda cheese, cubed
- Freshly ground black pepper

1. In a 10-inch skillet cook bacon until crisp; drain bacon on paper towels. Reserve 1 Tbsp. drippings in skillet. Add olive oil to drippings; add shallots and salt to skillet. Cook over medium heat 3 to 4 minutes or until shallots are tender and golden brown, stirring occasionally. Stir in vinegar; remove from heat. Scrape up any browned bits from bottom of skillet.

2. Cut bacon into 1-inch pieces. Arrange bacon, greens, cooked grain, and pears on plates or in bowls. Spoon shallot mixture over salads. Top with cheese. Season to taste with salt and pepper. **Makes 6 servings (1½ cups each).**

EACH SERVING 257 cal., 14 g fat (6 g sat. fat), 34 mg chol., 421 mg sodium, 23 g carb., 5 g fiber, 8 g sugars, 12 g pro.



BACON AND PEAR
AUTUMN SALAD



CHICKEN AND SHRIMP
JAMBALAYA
Recipe on page 229



FAST OR SLOW

Busy days call for efficient ways to get a meal on the table without compromising taste or nutrition. Pull out the slow cooker—or pressure cooker—to make mealtime stress-free.



SWEDISH MEATBALL
PASTA POT

EASY CLEANUP. TO MINIMIZE MESS, WE USE DISPOSABLE SLOW COOKER LINERS IN OUR TEST KITCHEN. TO USE, JUST OPEN THE LINER IN THE COOKER AND ADD INGREDIENTS AS DIRECTED IN RECIPE. WHEN YOUR DISH IS DONE, SPOON THE FOOD OUT OF THE LINER AND DISPOSE OF THE MESS.

SWEDISH MEATBALL PASTA POT

HANDS-ON TIME 20 minutes

SLOW COOK 6 to 7 hours (low) or 3 to 3½ hours (high) + 20 minutes (high)

- 1 32-oz. carton reduced-sodium beef broth
- 1 Tbsp. Worcestershire sauce
- ¼ tsp. ground nutmeg
- ¼ tsp. ground allspice
- ½ recipe Beef-Pork Meatballs*
- 3 Tbsp. all-purpose flour
- 3 Tbsp. butter, softened
- 2 cups dried mini farfalle pasta
- ½ cup sour cream
- Salt and black pepper
- Snipped fresh dill

1. In a 3½- or 4-qt. slow cooker stir together the first four ingredients (through allspice). Add meatballs. Cover and cook on low 6 to 7 hours or on high 3 to 3½ hours.

2. In a bowl stir together flour and butter to make a paste; stir into broth mixture in cooker. Stir in pasta. If using low, turn cooker to high. Cover and cook 20 to 30 minutes or until pasta is tender. Stir in sour cream. Season to taste with salt and pepper. Sprinkle with dill. **Makes 6 servings (1¼ cups each).**

EACH SERVING 464 cal., 24 g fat (11 g sat. fat), 108 mg chol., 728 mg sodium, 37 g carb., 2 g fiber, 3 g sugars, 23 g pro.

BEEF-PORK MEATBALLS Preheat oven to 375°F. Lightly coat two 15×10-inch baking pans with nonstick cooking spray. In a bowl lightly beat 2 eggs. Stir in ½ cup each fine dry bread crumbs and finely chopped onion, ¼ cup milk, and ½ tsp. each salt and black pepper. Add 1 lb. each ground beef and ground pork; mix well. Shape mixture into 1-inch meatballs. Place in the prepared pans. Bake 12 to 15 minutes or until done (160°F). Drain fat.

***NOTE** To freeze leftover meatballs for later use, place cooked meatballs in a single layer on a baking sheet. Freeze them overnight and repack in resealable freezer bags. Label with the date and return to the freezer. Use within 2 months.

CABBAGE ROLL SOUP

HANDS-ON TIME 20 minutes

SLOW COOK 7 to 8 hours (low) or 3½ to 4 hours (high) + 30 minutes

- 4 cups ½-inch slices cabbage
- 12 oz. lean ground beef
- 1 14.5-oz. can reduced-sodium beef broth
- 1 cup chopped onion
- 2 Tbsp. Worcestershire sauce
- 2 cloves garlic, minced
- ½ tsp. salt
- ¼ tsp. ground allspice
- 1 8.8-oz. pouch cooked white or brown rice



- 1 14.5-oz. can fire-roasted diced tomatoes, undrained
- 1 cup hot-style vegetable juice
- 2 Tbsp. tomato paste

1. In a 3½- or 4-qt. slow cooker combine the first eight ingredients (through allspice), stirring to break up meat. Cover and cook on low 7 to 8 hours or high 3½ to 4 hours.

2. Knead rice pouch to break up rice. Stir rice and the remaining ingredients into cabbage mixture. Cover and cook 30 minutes more. **Makes 6 servings (1½ cups each).**

EACH SERVING 218 cal., 7 g fat (2 g sat. fat), 37 mg chol., 690 mg sodium, 25 g carb., 3 g fiber, 8 g sugars, 15 g pro.

KEEP A LID ON IT. THAT SLOW COOKER LID IS THERE FOR A REASON—IT MAINTAINS THE NECESSARY HEAT LEVEL TO EVENLY COOK FOOD IN THE RECOMMENDED TIME RANGE. WHEN YOU POP THE TOP TO LOOK AT YOUR FOOD, THE HEAT ESCAPES.



PEPPERY ITALIAN BEEF SANDWICHES

HANDS-ON TIME 30 minutes

SLOW COOK 10 to 12 hours (low) or 5 to 6 hours (high)

- 1 2½- to 3-lb. boneless beef chuck pot roast, trimmed of fat
- 1 tsp. garlic-pepper seasoning
- 1 Tbsp. vegetable oil
- 1 14.5-oz. can reduced-sodium beef broth
- 1 0.5- to 0.75-oz. envelope dry Italian salad dressing mix
- 2 tsp. dried Italian seasoning
- 1 12- to 16-oz. jar pepperoncini salad peppers, drained and stems removed
- 8 hoagie buns or kaiser rolls, split and toasted
- 2 cups shredded mozzarella cheese (8 oz.)
- Chopped red sweet pepper (optional)

1. If necessary, cut meat to fit into a 3½- or 4-qt. slow cooker. Sprinkle meat with garlic-pepper seasoning; rub in with your fingers. In a 4-qt. Dutch oven heat oil over medium heat. Cook meat in hot oil until browned on all sides.

2. Place meat in slow cooker. In a bowl whisk together broth, salad dressing mix, and Italian seasoning. Pour over meat. *Top with pepperoncini peppers. Cover; cook on low 10 to 12 hours or high 5 to 6 hours.

3. Transfer meat to a cutting board. Shred beef using two forks. Strain cooking liquid, reserving peppers. Skim fat from cooking liquid. Return meat and peppers to slow cooker. Add enough cooking liquid to moisten meat.

4. Use a slotted spoon to spoon shredded meat and peppers into buns; top with cheese and, if desired, sweet pepper. **Makes 8 sandwiches.**

EACH SANDWICH 480 cal., 14 g fat (5 g sat. fat), 110 mg chol., 1,308 mg sodium, 39 g carb., 2 g fiber, 3 g sugars, 47 g pro.

CARNITAS TACOS

HANDS-ON TIME 20 minutes

SLOW COOK 8 to 10 hours (low) or 4 to 5 hours (high)

- 1 2½- to 3-lb. boneless pork shoulder roast, trimmed of fat
- 1 Tbsp. ground cumin
- 1½ tsp. kosher salt
- 1 tsp. dried Mexican oregano or regular oregano, crushed

¼ to ½ tsp. cayenne pepper

½ cup chopped white onion

1 orange, quartered

2 Tbsp. vegetable oil

18 6-inch corn tortillas, warmed

Toppers, such as lime wedges, pickled jalapeños, pico de gallo, pineapple bits, shredded cabbage, and sliced radishes

1. Cut meat into three pieces and place in a 3½- or 4-qt. slow cooker. Sprinkle with cumin, salt, oregano, and cayenne; toss to coat. Add onion. Squeeze orange pieces over top; add orange pieces to cooker.

2. Cover and cook on low 8 to 10 hours or high 4 to 5 hours. Transfer meat to a cutting board. Shred meat using two forks.

3. In a 12-inch skillet heat oil over medium-high heat. Add half of the meat, pressing it into an even layer. Cook about 1 minute or until crisp and browned. Turn meat and brown 1 minute on the other side; remove from skillet. Repeat with the remaining meat. Serve carnitas on tortillas with desired toppers. **Makes 9 servings (2 tacos each).**

EACH SERVING 284 cal., 11 g fat (3 g sat. fat), 75 mg chol., 417 mg sodium, 19 g carb., 3 g fiber, 4 g sugars, 26 g pro.

CARNITAS TACOS





SLOW-SIMMERED
SPAGHETTI SAUCE

EXTRA RICHNESS

For a luscious creamy sauce—similar to Bolognese—stir $\frac{1}{2}$ cup heavy cream into the sauce just before serving.

SLOW-SIMMERED SPAGHETTI SAUCE

HANDS-ON TIME 25 minutes

SLOW COOK 6 to 8 hours (low) or 3 to 4 hours (high)

- 1 lb. bulk Italian sausage or ground beef
- 1 cup chopped onion
- 2 cloves garlic, minced
- 2 14.5-oz. cans petite diced tomatoes, undrained
- 3 cups sliced fresh mushrooms
- 1 cup chopped green sweet pepper
- 1 6-oz. can tomato paste
- 1 bay leaf
- 2 tsp. dried Italian seasoning, crushed
- ¼ tsp. black pepper
- 16 oz. dried spaghetti, cooked and drained
- Parmesan cheese (optional)

1. In a 10-inch skillet cook sausage, onion, and garlic over medium heat until meat is browned and onion is tender. Drain off fat.

2. In a 3½- or 4-qt. slow cooker stir together next seven ingredients (through black pepper). Stir in meat mixture. Cover and cook on low 6 to 8 hours or high 3 to 4 hours.

3. Discard bay leaf. Season to taste with salt and additional black pepper. Serve meat mixture over hot cooked spaghetti. If desired, sprinkle with Parmesan cheese. **Makes 8 servings (¾ cup sauce + 1 cup spaghetti each).**

EACH SERVING 456 cal., 10 g fat (6 g sat. fat), 43 mg chol., 824 mg sodium, 57 g carb., 5 g fiber, 9 g sugars, 18 g pro.



BUTTERNUT SQUASH SHAKSHUKA

BUTTERNUT SQUASH SHAKSHUKA

HANDS-ON TIME 25 minutes

SLOW COOK 11 to 12 hours (low) or 5½ to 6 hours (high) + 25 to 35 minutes (high)

- ¾ cup chopped red sweet pepper
- 1 small onion, halved and thinly sliced
- 1 medium fresh jalapeño chile pepper, seeded and finely chopped (tip, p. 28)
- 2 cloves garlic, minced
- 1 tsp. dried oregano, crushed
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. black pepper
- 1 2-lb. butternut squash, peeled, seeded, and chopped (6 cups)
- 1 15-oz. can or ½ of a 28-oz. can crushed tomatoes
- 1 8-oz. can tomato sauce
- 6 eggs

- ¾ cup crumbled feta cheese (3 oz.)
- 2 Tbsp. snipped fresh parsley
- Pita bread rounds, warmed

1. In a 3½- or 4-qt. slow cooker combine first eight ingredients (through black pepper). Stir in squash, crushed tomatoes, and tomato sauce.

2. Cover and cook on low 11 to 12 hours or high 5½ to 6 hours. If using low heat, turn to high. Make an indentation in squash mixture and slip an egg into indentation. Repeat with remaining eggs. Cover and cook 25 to 35 minutes more or until eggs are cooked to desired doneness.

3. Top with cheese and parsley. Serve with pita bread. **Makes 6 servings (1 cup squash mixture + 1 egg each).**

EACH SERVING 315 cal., 10 g fat (5 g sat. fat), 203 mg chol., 917 mg sodium, 45 g carb., 6 g fiber, 10 g sugars, 15 g pro.





RED WINE AND ROOT VEGETABLE POT ROAST

HANDS-ON TIME 30 minutes

SLOW COOK 10 to 11 hours (low) or 5 to 5½ hours (high)

OR

PRESSURE COOK 40 minutes

PRESSURE RELEASE 15 minutes

- 2 Tbsp. olive oil
- 1 2- to 2½-lb. boneless beef chuck pot roast, trimmed
- 2 cloves garlic, minced
- ¾ cup dry red wine
- 1 lb. tiny new red potatoes
- 4 large carrots, cut into 1½-inch pieces
- 2 cups 1-inch pieces peeled rutabaga
- 1 cup 1-inch pieces celery
- 2 Tbsp. tomato paste
- ¾ cup reduced-sodium beef broth
- 2 Tbsp. quick-cooking tapioca, crushed
- 1 tsp. dried thyme, crushed
- ½ tsp. salt
- ½ tsp. black pepper

SLOW COOKER

1. In a 10-inch skillet heat oil over medium-high heat. Add meat; cook until browned on both sides. Transfer meat to a 6-qt. slow cooker. Add garlic to hot pan; cook and stir 1 minute. Add wine to the pan, stirring to scrape up any browned bits. Add wine mixture and the remaining ingredients to slow cooker.

2. Cover and cook on low 10 to 11 hours or high 5 to 5½ hours. Using a slotted spoon, transfer meat and vegetables

to a platter. Skim fat from cooking liquid. Season to taste with additional salt and pepper. Serve meat and vegetables with cooking liquid.

PRESSURE COOKER

1. If necessary, cut meat to fit into cooker. Omit tapioca. For a 6-qt. electric cooker, use sauté setting to heat oil. Add meat; cook until browned on both sides. Add the remaining ingredients (except tapioca). For a 6-qt. stove-top cooker, prepare as directed, using cooker in place of skillet. Lock lid.

2. Set electric cooker on high pressure to cook 40 minutes. For stove-top cooker, bring up to pressure over medium-high heat according to manufacturer's directions; reduce heat enough to maintain steady (but not excessive) pressure. Cook 40 minutes. Remove from heat. Let stand to release pressure naturally, at least 15 minutes. Open lid carefully.

3. Using a slotted spoon, transfer meat and vegetables to a platter. Skim fat from cooking liquid. Combine 2 Tbsp. each cornstarch and cold water; stir into cooking liquid. For electric cooker, heat to simmering on sauté setting; for stove-top cooker, bring to simmering over medium heat. Cook and stir until thickened and bubbly. Season to taste with additional salt and pepper. Serve meat and vegetables with thickened cooking liquid. **Makes 6 servings (3½ oz. cooked meat + 1 cup vegetables + ½ cup sauce each).**

EACH SERVING 382 cal., 11 g fat (3 g sat. fat), 98 mg chol., 471 mg sodium, 27 g carb., 5 g fiber, 7 g sugars, 37 g pro.



CHICKEN AND MUSHROOM PHO

CHICKEN AND MUSHROOM PHO

HANDS-ON TIME 40 minutes
SLOW COOK 7 to 8 hours (low) or 3½ to 4 hours (high)

- 6 oz. fresh shiitake mushrooms
- 2 lb. bone-in chicken thighs, skinned
- 1 32-oz. carton reduced-sodium chicken broth
- 4 cups water
- 1 cup sliced onion
- ¼ oz. dried porcini mushrooms, rinsed
- 1 3-inch piece fresh ginger, peeled and sliced
- 2 Tbsp. fish sauce
- 1 Tbsp. packed brown sugar
- 1 Tbsp. coriander seeds, toasted (tip, p. 24)
- 4 cloves garlic, sliced
- 4 whole cloves
- 5 oz. dried rice noodles

Toppers, such as fresh cilantro, basil, and mint leaves; slivered red onion; thin carrot strips; thin red or yellow sweet pepper strips; thinly sliced fresh red or green chile peppers (tip, p. 28); and/or sriracha sauce
Lime wedges (optional)

1. Remove and reserve shiitake stems. Thinly slice caps; cover and chill until needed.
2. In a 5- to 6-qt. slow cooker combine shiitake stems and the next 11 ingredients (through cloves). Cover and cook on low 7 to 8 hours or high 3½ to 4 hours.
3. Remove chicken from cooker. Strain broth mixture through a fine-mesh sieve lined with 100%-cotton cheesecloth; discard solids. Transfer broth to a 3- or 4-qt. saucepan. Bring to boiling. Stir in noodles and shiitake caps; cook 3 to 5 minutes or just until noodles are softened. Meanwhile, remove chicken from bones; discard bones. Coarsely shred chicken using two forks.

4. Ladle broth and noodle mixture into shallow bowls. Top with piles of chicken. Serve with toppers on the side and, if desired, lime wedges.

Makes 6 servings (1½ cups each).

EACH SERVING 248 cal., 4 g fat (1 g sat. fat), 85 mg chol., 943 mg sodium, 29 g carb., 2 g fiber, 5 g sugars, 23 g pro.

BARBECUE PORK RIBS

HANDS-ON TIME 15 minutes
SLOW COOK 7 to 8 hours (low) or 3½ to 4 hours (high)

- 2 large onions, sliced and separated into rings
- 2½ to 3 lb. boneless pork country-style ribs
- Salt and black pepper
- 1½ cups vegetable juice
- ⅓ cup tomato paste
- ¼ cup molasses
- 3 Tbsp. cider vinegar
- 1 Tbsp. Worcestershire sauce
- 1 tsp. dry mustard
- ½ tsp. dried thyme, crushed
- ½ tsp. dried rosemary, crushed
- ¼ tsp. salt
- ¼ tsp. black pepper

1. Place onions in a 3½- or 4-qt. slow cooker. Trim fat from meat. Place ribs on top of onions. Sprinkle lightly with salt and pepper. In a bowl stir together the remaining ingredients. Reserve 1 cup of the juice mixture; cover and chill. Pour remaining juice mixture over ribs. Cover and cook on low 7 to 8 hours or high 3½ to 4 hours.
 2. Before serving, for sauce, in a 1- or 1½-qt. saucepan bring reserved juice mixture to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until desired thickness.
 3. Using a slotted spoon, transfer ribs and onions to a platter; discard cooking liquid. Serve with sauce.
- Makes 6 servings (5 to 6 oz. cooked meat each).**

EACH SERVING 439 cal., 21 g fat (4 g sat. fat), 139 mg chol., 462 mg sodium, 21 g carb., 2 g fiber, 13 g sugars, 39 g pro.

**BARBECUE
PORK RIBS**

SPEED IT UP

For even quicker prep, omit the last 10 ingredients and pour $1\frac{1}{2}$ cups bottled barbecue sauce over ribs in cooker. Warm 1 cup additional sauce to serve with cooked ribs.



MAKE-AND-FREEZE SIMMER SAUCES. EACH SAUCE YIELDS THREE PORTIONS TO TUCK AWAY AND PULL OUT ON BUSY DAYS. JUST TOSS THE SAUCE IN THE SLOW COOKER WITH MEAT OR VEGGIES FOR DELICIOUS DINNER POSSIBILITIES.



**BALSAMIC BBQ
PULLED PORK**



**BALSAMIC BBQ
PULLED BEEF**



**RED CURRY
CHICKEN**

BALSAMIC BBQ SIMMER SAUCE

HANDS-ON TIME 15 minutes

- 3 cups ketchup
- 1½ cups apple cider
- ½ cup balsamic vinegar
- ½ cup molasses
- ¼ cup honey
- 4 tsp. onion powder
- 4 tsp. chili powder
- 2 tsp. garlic powder
- 1 tsp. black pepper

1. In a bowl whisk together all ingredients. Divide sauce into three 1¾-cup portions; place in airtight containers. Refrigerate up to 3 days or freeze up to 2 months. To use frozen portions, thaw in refrigerator overnight. **Makes about 5 cups.**

PER 2 TBSP. 43 cal., 0 g fat, 0 mg chol., 166 mg sodium, 11 g carb., 0 g fiber, 10 g sugars, 0 g pro.

BALSAMIC BBQ PULLED PORK Trim fat from one 2- to 2½-lb. boneless pork shoulder roast. Place meat in a

3½- or 4-qt. slow cooker, cutting to fit if necessary. Add one portion Balsamic BBQ Simmer Sauce. Cover; cook on low 8 to 10 hours or high 4 to 5 hours. Remove meat; shred using two forks. Skim fat from sauce; stir in meat. If desired, serve on hot french fries with shredded cheese and snipped chives.

Makes 8 servings (½ cup each).

EACH SERVING 223 cal., 6 g fat (2 g sat. fat), 68 mg chol., 364 mg sodium, 20 g carb., 0 g fiber, 17 g sugars, 22 g pro.

BALSAMIC BBQ PULLED BEEF Trim fat from one 2- to 2½-lb. boneless beef chuck pot roast. Place meat in a 3½- or 4-qt. slow cooker, cutting to fit if necessary. Add one portion Balsamic BBQ Simmer Sauce. Cover and cook on low 8 to 10 hours or high 4 to 5 hours. Remove meat; shred using two forks. Skim fat from sauce; stir in meat. If desired, serve on buns or rolls with desired condiments.

Makes 10 servings (½ cup each).

EACH SERVING 181 cal., 4 g fat (1 g sat. fat), 59 mg chol., 299 mg sodium, 16 g carb., 0 g fiber, 13 g sugars, 20 g pro.

RED CURRY SIMMER SAUCE

HANDS-ON TIME 20 minutes

- 2 14-oz. cans unsweetened coconut milk (not light)
- 1 cup chicken broth
- ¼ cup packed brown sugar
- ¼ cup peanut butter
- ¼ cup red curry paste (tip, p. 125)
- ¼ cup lime juice
- 3 Tbsp. quick-cooking tapioca, finely crushed
- 2 Tbsp. minced fresh ginger
- 6 cloves garlic, minced
- ½ tsp. salt

1. In a bowl whisk together all ingredients. Divide mixture into three 1¾-cup portions; place in airtight containers. Refrigerate up to 3 days or freeze up to 2 months. To use frozen portions, thaw in refrigerator overnight. **Makes about 5 cups.**

PER 2 TBSP. 52 cal., 4 g fat (3 g sat. fat), 0 mg chol., 98 mg sodium, 3 g carb., 0 g fiber, 2 g sugars, 1 g pro.



**VEGETARIAN
RED CURRY**



STEAK TACO VERDE



**CHICKEN
TACO VERDE**

RED CURRY CHICKEN In a 3½- or 4-qt. slow cooker combine 1½ lb. chicken breast, cubed; ½ cups red sweet peppers strips; and 1 cup chopped onion. Stir in one portion Red Curry Simmer Sauce. Cover; cook on low 3 hours or high 1½ hours. If desired, serve with rice noodles, fresh basil, and limes. **Makes 6 servings (1 cup each).**

EACH SERVING 281 cal., 12 g fat (8 g sat. fat), 83 mg chol., 282 mg sodium, 13 g carb., 2 g fiber, 7 g sugars, 28 g pro.

VEGETARIAN RED CURRY In a 3½- or 4-qt. slow cooker combine 5 cups cubed butternut squash; one 15-oz. can garbanzo beans (chickpeas), rinsed and drained; 1½ cups chopped red sweet peppers; and 1 cup chopped onion. Stir in one portion Red Curry Simmer Sauce. Cover; cook on low 6 to 7 hours or high 3 to 3½ hours. If desired, serve with rice, naan, and cilantro. **Makes 6 servings (1 cup each).**

EACH SERVING 250 cal., 10 g fat (7 g sat. fat), 0 mg chol., 317 mg sodium, 35 g carb., 7 g fiber, 11 g sugars, 6 g pro.

TACO VERDE SIMMER SAUCE

HANDS-ON TIME 20 minutes

- 4 11-oz. cans tomatillos, drained
- 4 fresh poblano chile peppers, seeded and coarsely chopped (tip, p. 28)
- 2 small onions, quartered
- 4 tsp. ground cumin
- 2 tsp. ground coriander
- 4 cloves garlic, minced
- ¼ tsp. black pepper

1. In a food processor combine all ingredients. Cover; process until smooth. Divide mixture into three 2-cup portions; place in airtight containers. Refrigerate up to 5 days or freeze up to 2 months. To use frozen portions, thaw in refrigerator overnight. Stir well (mixture may appear separated).

Makes 6 cups.

PER 2 TBSP. 10 cal., 0 g fat, 0 mg chol., 24 mg sodium, 2 g carb, 0 g fiber, 0 g sugars, 0 g pro.

STEAK TACO VERDE Sprinkle a 1½- to 2-lb. beef flank steak with ½ tsp salt. Place meat in a 3½- or 4-qt. slow cooker. Add one portion Taco Verde Simmer Sauce. Cover; cook on low 7 to 8 hours or high 3½ to 4 hours. Remove meat; thinly slice. Stir meat into sauce. Stir in ½ cup chopped fresh cilantro. If desired, serve on chips with sliced radishes and queso fresco.

Makes 12 servings (½ cup each).

EACH SERVING 104 cal., 5 g fat (2 g sat. fat), 38 mg chol., 160 mg sodium, 2 g carb., 1 g fiber, 0 g sugars, 13 g pro.

CHICKEN TACO VERDE Place 2 lb. skinless, boneless chicken thighs in a 3½- or 4-qt. slow cooker. Add one portion Taco Verde Simmer Sauce. Cover; cook on low 3½ to 4 hours or high 2¼ hours. Remove chicken; shred using two forks. Stir chicken into sauce. Stir in ½ cup chopped fresh cilantro. If desired, serve in tortillas with sour cream, jalapeños, and onion.

Makes 12 servings (½ cup each).

EACH SERVING 105 cal., 4 g fat (1 g sat. fat), 71 mg chol., 104 mg sodium, 2 g carb., 1 g fiber, 0 g sugars, 15 g pro.



CHEESY CAJUN
CHICKEN AND PASTA



SIZE IT RIGHT. USE THE CORRECT-SIZE COOKER FOR EACH RECIPE. (IF YOU'RE NOT SURE OF SIZE, FILL YOUR COOKER WITH WATER, 1 QUART AT A TIME, TO DETERMINE HOW MUCH IT CAN HOLD.) UNDERFILLED OR OVERFILLED COOKERS THROW OFF COOKING TIMES.

CHEESY CAJUN CHICKEN AND PASTA

HANDS-ON TIME 20 minutes

SLOW COOK 6 hours (low) or 3 hours (high) + 20 minutes (high)

STAND 5 minutes

- 8 oz. skinless, boneless chicken thighs, cut into 1-inch pieces
- 1 tsp. Cajun seasoning
- ½ tsp. Louisiana hot sauce
- 8 oz. cooked andouille or other spicy sausage links, halved lengthwise and sliced
- 2½ cups water
- 1 medium red or yellow sweet pepper, cut into 1-inch pieces
- ½ cup chopped onion
- 4¾ cups dried farfalle pasta
- 6 oz. sliced American cheese, torn into bite-size pieces
- ½ cup shredded smoked Gouda or cheddar cheese (2 oz.)
- ¼ to ½ cup milk

1. In a 3½- or 4-qt. slow cooker combine chicken, Cajun seasoning, and hot sauce; toss to coat. Stir in the next four ingredients (through onion).
2. Cover and cook on low 6 hours or high 3 hours. If using low heat, turn to high. Stir in pasta. Cover and cook 10 minutes; stir. Cover and cook 10 minutes more; stir mixture again.

3. Turn off cooker. If possible, remove crockery liner from cooker. Top mixture with cheeses (do not stir). Cover and let stand 5 minutes. Stir in enough of the milk to reach desired consistency.*

Makes 8 servings (1 cup each).

***NOTE** If your slow cooker has a warm setting, you can hold the chicken and pasta up to 2 hours on warm. If mixture begins to look dry, stir in up to ½ cup additional milk to reach desired consistency.

EACH SERVING 382 cal., 16 g fat (7 g sat. fat), 68 mg chol., 627 mg sodium, 37 g carb., 2 g fiber, 5 g sugars, 21 g pro.

CHICKEN AND SHRIMP JAMBALAYA

HANDS-ON TIME 20 minutes

SLOW COOK 5 to 6 hours (low) or 2½ to 3 hours (high) + 30 minutes (high)

- 1 lb. skinless, boneless chicken thighs, cut into 1-inch pieces
- 2 cups chopped onions
- 1 14.5-oz. can diced tomatoes, undrained
- 1 14.5-oz. can reduced-sodium chicken broth
- 1 cup thinly sliced celery
- ½ cup tomato paste
- 2 tsp. Cajun seasoning
- 2 cloves garlic, minced
- 2 8.8-oz. pkg. cooked rice
- ¾ cup chopped green, red, or yellow sweet pepper



- 8 oz. fresh or frozen peeled and deveined cooked shrimp (tails on if desired), thawed if frozen
- 2 Tbsp. chopped fresh parsley

1. In a 3½- or 4-qt. slow cooker combine the first eight ingredients (through garlic). Cover and cook on low 5 to 6 hours or high 2½ to 3 hours.
2. If using low, turn to high. Stir in rice and sweet pepper. Cover and cook 30 minutes more or until sweet pepper is tender.

3. Stir cooked shrimp and parsley into chicken mixture. Season to taste with salt. **Makes 8 servings (1½ cups each).**

EACH SERVING 229 cal., 4 g fat (1 g sat. fat), 99 mg chol., 572 mg sodium, 28 g carb., 3 g fiber, 5 g sugars, 21 g pro.

WHAT IS SHAWARMA? SHAWARMA IS A MIDDLE EASTERN DELICACY OF HEAVILY SPICED MEAT ROASTED ON A SPIT AND TUCKED INTO A WRAP OR SANDWICH. WE REWORKED THIS VERSION FOR THE SLOW COOKER.

CHICKEN SHAWARMA

HANDS-ON TIME 25 minutes

SLOW COOK 2 hours (high)

OR

PRESSURE COOK 15 minutes

PRESSURE RELEASE 15 minutes

- 1 cup shredded carrots
- ¼ cup finely chopped red onion
- ¼ cup unseasoned rice vinegar
- 2 tsp. sugar
- ½ cup plain yogurt
- 1 Tbsp. lemon juice
- ½ tsp. dried dill
- ½ tsp. honey
- 1¼ lb. skinless, boneless chicken thighs
- 1 Tbsp. ras el hanout spice blend
- 3 Tbsp. olive oil
- 1 cup reduced-sodium chicken broth
- 4 pita bread rounds, warmed

SLOW COOKER

1. In a bowl combine first four ingredients (through sugar). If desired, season with *salt* and *black pepper*. Cover and refrigerate. In a bowl whisk together yogurt, lemon juice, dill, and honey until smooth. Cover and refrigerate.

2. Rub chicken thighs with ras el hanout. If desired, season with salt and black pepper. In a 10-inch nonstick skillet heat oil over medium-high heat. Add chicken; cook 3 to 4 minutes or until browned. Turn; cook 2 minutes more. Place chicken in a 3½- or 4-qt. slow cooker. Add broth. Cover; cook on high 2 hours or until done (170°F). Remove; slice chicken. Divide chicken among pitas. Using a slotted spoon, top chicken with pickled vegetables. Serve with yogurt mixture.

PRESSURE COOKER

1. Prepare as directed in Step 1 of Slow Cooker directions. Season chicken as directed in Step 2. For a 6-qt. electric cooker, use sauté setting to heat oil.

Add chicken; cook 3 to 4 minutes or until browned. Turn; cook 2 minutes more. For stove-top cooker, brown chicken as directed using cooker in place of skillet. Add broth. Lock lid.

2. Set electric cooker on high pressure to cook 15 minutes. For a stove-top cooker, bring up to pressure over medium-high heat according to manufacturer's directions; reduce heat enough to maintain steady (but not excessive) pressure. Cook 15 minutes. Remove from heat. Let stand to release pressure naturally, at least 15 minutes. Open lid carefully. Remove and slice chicken

3. Divide chicken among pitas. Using a slotted spoon, top chicken with pickled vegetables. Serve with lemon-yogurt sauce. **Makes 4 servings (1 filled pita each).**

EACH SERVING 485 cal., 18 g fat (3 g sat. fat), 135 mg chol., 776 mg sodium, 43 g carb., 2 g fiber, 8 g sugars, 36 g pro.







SOUTHERN TOT CASSEROLE

HANDS-ON TIME 15 minutes

SLOW COOK 2½ to 3 hours (high)

OR

PRESSURE COOK 30 minutes

PRESSURE RELEASE 15 minutes

- 8 oz. cooked pork breakfast sausage links
- 1 Tbsp. vegetable oil
- 6 eggs, lightly beaten
- 1 cup heavy cream
- 1 4-oz. jar diced pimiento, drained
- ¼ tsp. ground mustard
- ¼ cup finely chopped onion
- 2 cups shredded cheddar cheese (8 oz.)
- 1 28-oz. bag frozen miniature fried potato nuggets
- ¼ cup sliced green onions
- Hot pepper sauce

SLOW COOKER

1. In an 8-inch skillet cook sausage in hot oil over medium-high heat about 5 minutes or until browned. Cut links into ¼-inch slices. In a 6-qt. slow cooker whisk together the next five ingredients (through onion) and 1 cup of the cheese. Stir in potato nuggets and sausage.

2. Cover and cook on high 2½ to 3 hours or until eggs are set, turning

cooker insert halfway through cooking. Sprinkle with the remaining 1 cup cheese and the green onions. Pass hot sauce.

PRESSURE COOKER

1. For a 6-qt. electric cooker, use the sauté setting to cook sausage in oil about 5 minutes or until browned. For a 6-qt. stove-top cooker, cook sausage links in cooker as directed in Step 1 of Slow Cooker directions. Cut links into ¼-inch slices; return to pot. Add the next five ingredients (through onion) and 1 cup of the cheese to cooker; stir well. Add frozen potato nuggets; stir. Lock lid.

2. Set electric cooker on high pressure to cook 30 minutes. For stove-top cooker, bring up to pressure over medium-high heat; reduce heat enough to maintain steady (but not excessive) pressure. Cook 30 minutes. Remove from heat. Let stand to release pressure naturally, at least 15 minutes. Open lid carefully. Sprinkle with the remaining 1 cup cheese and the green onions. Pass hot sauce.

Makes 8 servings (1½ cups each).

EACH SERVING 593 cal., 46 g fat (18 g sat. fat), 222 mg chol., 1,027 mg sodium, 30 g carb., 3 g fiber, 3 g sugars, 19 g pro.

SEARING FOR FLAVOR. SEARING (OR BROWNING) MEANS QUICKLY COOKING ALL SIDES OF THE MEAT IN A VERY HOT SKILLET UNTIL THE SURFACE IS A DEEP BROWN. THIS SIMPLE PROCESS, KNOWN AS THE MAILLARD REACTION, TRANSFORMS PROTEINS AND SUGARS ON THE MEAT'S SURFACE, RESULTING IN DELICIOUSLY COMPLEX FLAVOR.

PAPRIKA SHORT RIBS

HANDS-ON TIME 30 minutes

SLOW COOK 10 to 12 hours (low) or 5 to 6 hours (high)

OR

PRESSURE COOK 30 minutes

PRESSURE RELEASE 15 minutes

- 8 bone-in beef short ribs (3¼ to 4½ lb. total), trimmed
- 1 Tbsp. paprika
- 2 tsp. kosher salt
- ¼ tsp. black pepper
- 2 Tbsp. olive oil
- ½ cup reduced-sodium beef broth
- ½ cup dry red wine
- 2 Tbsp. soy sauce
- 4 cloves garlic, minced
- 1 tsp. dried thyme, crushed
- 2 Tbsp. tomato paste
- 2 Tbsp. prepared horseradish
- 4 cups hot cooked noodles

SLOW COOKER

1. Season ribs with paprika, salt, and pepper. In a 12-inch skillet brown meat in hot oil over medium-high heat or until well browned, turning occasionally (or use slow cooker browning function). Transfer to 6-qt. slow cooker. Add the next five ingredients (through dried thyme). Cover; cook on low 10 to 12 hours or high 5 to 6 hours.

2. Transfer ribs to a serving dish. Skim fat from cooking liquid. Whisk in tomato paste and horseradish. Serve with ribs and noodles. If desired, serve with sour cream.

PRESSURE COOKER

1. Season the ribs with paprika, salt, and pepper. For a 6-qt. electric cooker, use sauté setting to brown ribs, half at a time, in hot oil. For a 6-qt. stove-top cooker, brown meat, half at a time, in hot oil in cooker. Return all meat to

cooker. Add the next five ingredients (through dried thyme). Lock lid.

2. Set electric cooker on high pressure to cook 30 minutes. For stove-top cooker, bring up to pressure over medium-high heat according to manufacturer's directions; reduce heat enough to maintain steady (but not excessive) pressure. Cook 30 minutes. Remove from heat. Let stand to release pressure naturally, at least 15 minutes. Open lid carefully.

3. Continue as directed in Step 2 of Slow Cooker directions. **Makes 8 servings (1 short rib + ½ cup noodles + ¼ cup sauce each).**

EACH SERVING 631 cal., 41 g fat (17 g sat. fat), 172 mg chol., 760 mg sodium, 23 g carb., 2 g fiber, 1 g sugars, 39 g pro.





FRENCH ONION SOUP
Recipe on page 245

A decorative border at the top of the page featuring a red and white checkered pattern.

SOUPS & STEW

When it's cold outside or you're under the weather—or simply in need of some comfort—these warming bowls of goodness will make everything better.

CHICKEN MATH. THE AVERAGE ROTISSERIE CHICKEN WEIGHS ABOUT 2 POUNDS AND YIELDS ABOUT 3 CUPS OF CHOPPED CHICKEN. FOR THIS RECIPE, YOU'LL NEED TWO CHICKENS. USE THE LEFTOVERS ON A GREEN SALAD OR TO MAKE A QUICK QUICKEN SALAD.

WHITE CHICKEN CHILI

HANDS-ON TIME 35 minutes

ROAST 20 minutes at 425°F

- 2 fresh poblano chile peppers*
(tip, p. 28)
- 1 large onion, cut into thin wedges
- 4 cloves garlic, unpeeled
- 2 Tbsp. olive oil
- 2 tsp. ground cumin
- 1 tsp. dried oregano, crushed
- ½ tsp. ground coriander
- ¼ tsp. cayenne pepper
- 3 15-oz. cans cannellini (white kidney) beans, rinsed and drained
- 1 32-oz. carton reduced-sodium chicken broth
- 2 cups frozen whole kernel corn
- 4 cups chopped cooked chicken
- 1 8-oz. carton sour cream
- Salt and black pepper
- Lime wedges, crackers, roasted pumpkin seeds (pepitas), and/or fresh cilantro

1. Preheat oven to 425°F. Halve poblanos lengthwise; remove stems, seeds, and membranes. Place peppers (cut sides down), the onion, and garlic on a foil-lined baking sheet. Drizzle with 1 Tbsp. of the oil. Roast 20 to 25 minutes or until peppers are charred and very tender. Bring up foil around pepper mixture to enclose. Let stand 15 minutes or until cool enough to handle. Use a sharp knife to loosen the edges of pepper skins; gently pull off skins and discard. Peel garlic. Chop peppers, onion, and garlic.*

2. In a 5- to 6-qt. pot heat the remaining 1 Tbsp. oil over medium heat. Add roasted peppers, onions, and garlic and the next four ingredients (through cayenne). Cook and stir 2 minutes.

3. Stir in beans and broth. Mash beans until chili is slightly thickened. Add corn. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Stir in chicken and sour cream; heat through. Season to taste with salt and black pepper. Serve with lime wedges, crackers, pumpkin seeds, and/or cilantro.

Makes 8 servings (1½ cups each).

***NOTE** To save time, substitute two 4-oz. cans undrained fire-roasted or regular diced green chiles for poblanos. Omit Step 1. Chop onion and garlic. In Step 2 increase cooking time to 5 to 7 minutes. Continue as directed.

EACH SERVING 399 cal, 15 g fat (5 g sat. fat), 77 mg chol, 561 mg sodium, 35 g carb., 9 g fiber, 4 g sugars, 31 g pro.



THE MIGHTY POBLANO This elongated, dark green pepper has a mild heat level perfect for when you want a little heat without the burn. (When dried, the poblano is called an ancho chile pepper.) Even though poblanos are more mild, you'll still want to wear gloves when cutting them up (tip, p. 28).





MEXICAN TORTILLA SOUP

FLAVOR BOOST Stir in 2 Tbsp. prepared basil pesto and 2 Tbsp. freshly grated Parmesan cheese before serving in this tomato soup. Add a side of grilled cheese sandwiches.

MEXICAN TORTILLA SOUP

HANDS-ON TIME 25 minutes

COOK 20 minutes

BAKE 10 minutes at 375°F

- ½ cup chopped onion
- 1 fresh poblano or 2 jalapeño chile peppers, stemmed, seeded, and chopped (tip, p. 28)
- 1 clove garlic, minced
- ½ tsp. ground cumin
- 1 Tbsp. vegetable oil
- 3½ cups reduced-sodium chicken broth
- 1 14.5-oz. can fire-roasted diced tomatoes, undrained
- 1 8-oz. can tomato sauce
- ¼ cup chopped fresh cilantro
- 1 Tbsp. chopped fresh oregano or 1 tsp. dried oregano, crushed
- 2 cups shredded cooked chicken
- 1 15-oz. can black beans, rinsed and drained
- 1 cup frozen fire-roasted or plain whole kernel corn
- 4 6-inch corn tortillas
- Toppers**, such as shredded cheddar cheese, cilantro, chopped avocado, sour cream, and/or lime wedges

1. In a 3-qt. saucepan cook onion, chile pepper, garlic, and cumin in hot oil 3 to 4 minutes or until onion is tender, stirring occasionally. Stir in next five ingredients (through oregano). Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Stir in chicken, beans, and corn; heat through.

2. Meanwhile, preheat oven to 375°F. Cut tortillas in half. Cut halves crosswise into ½-inch-wide strips. Place strips on a baking sheet. Bake 10 to 12 minutes or until crisp. Serve soup with tortilla strips and toppers.

Makes 6 servings (1¼ cups each).

EACH SERVING 263 cal., 7 g fat (1 g sat. fat), 42 mg chol., 947 mg sodium, 30 g carb., 5 g fiber, 6 g sugars, 21 g pro.

FRESH TOMATO SOUP

START TO FINISH 30 minutes

- 2 lb. tomatoes, cored and seeded
- 2 medium red sweet peppers, seeded and coarsely chopped
- ½ of a sweet onion (such as Vidalia or Maui), chopped
- 2 tsp. chopped fresh thyme
- 1 cup vegetable or chicken broth
- 2 Tbsp. heavy cream
- 1 Tbsp. honey
- Olive oil (optional)

1. In a food processor combine half of the tomatoes, half of the sweet peppers, half of the onion, half of the thyme, and half of the broth. Cover and process until smooth. Transfer to a 3- to 4-qt. saucepan. Repeat with remaining tomatoes, peppers, onion, thyme, and broth. Cook over medium heat 5 to 6 minutes or until hot. Stir in cream and honey. If desired, drizzle with oil and sprinkle with *black pepper*.

Makes 6 servings (1 cup each).

EACH SERVING 80 cal., 2 g fat (1 g sat. fat), 6 mg chol., 145 mg sodium, 14 g carb., 3 g fiber, 10 g sugars, 2 g pro.



FRESH TOMATO SOUP

LIGHT AND LOVELY. THE VELVETY TEXTURE OF THIS CLASSIC CHINESE SOUP IS ACHIEVED TWO WAYS: THE CORNSTARCH THICKENS IT AND GIVES IT BODY, AND THE SOFT STRANDS OF EGG ADD AN ALMOST CUSTARDY CONSISTENCY.

EGG DROP SOUP

START TO FINISH 25 minutes

- ½ cup finely chopped green onions**
- 2 cloves garlic, minced**
- 1 Tbsp. vegetable oil**
- 6 cups reduced-sodium chicken broth**
- 2 eggs, lightly beaten**
- ¼ cup cornstarch**
- Crushed red pepper (optional)**

1. In a 3-qt. saucepan cook green onions and garlic in hot oil over medium heat 2 to 3 minutes or until tender. Add 5 cups of the broth. Bring to a simmer; reduce heat.

2. Slowly pour the lightly beaten eggs into the soup in a steady stream* while gently stirring to create strands (faster stirring creates thin strands; slower stirring creates thicker strands). Heat just to boiling.

3. In a bowl whisk together the remaining 1 cup broth and the cornstarch. Add to soup. Cook and stir just until thickened. Top servings with additional green onions and, if desired, crushed red pepper.

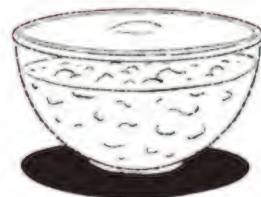
Makes 6 servings (1 cup each).

***NOTE** You will want to add the eggs slowly in a thin stream to the soup

while it is simmering but not boiling. If the soup is boiling, the egg strands become foamy.

EACH SERVING 86 cal., 4 g fat (1 g sat. fat), 62 mg chol., 580 mg sodium, 7 g carb., 0 g fiber, 1 g sugars, 6 g pro.

WONTON SOUP Omit eggs and cornstarch. Cook 4 oz. stemmed and sliced shiitake or button mushrooms and ¾ cup shredded carrots with the green onions. Add all of the broth, 2 Tbsp. reduced-sodium soy sauce, and 1 tsp. grated fresh ginger. Bring to boiling. Add one 9- to 10-oz. pkg. frozen pot stickers (discard any sauce). Simmer, covered, 10 minutes.



SAVING SOUPS

The interesting truth about soups and stews—we've found they actually taste better the day after they're made (flavors develop as they chill). Here are some tips to prep them for storage.

COOL the soup quickly after it's done cooking by placing the pot in a sink filled with several inches of ice water; stir soup occasionally and add ice as necessary.

FOR THE FRIDGE, ladle the cooled soup into a large bowl or individual containers. Cover and store in the refrigerator up to 3 days.

FOR THE FREEZER, divide cooled soup among shallow freezer-safe containers. Leave ½ to 1 inch space between the top of the soup and the container rim. This gives the soup room to expand when it freezes. Freeze up to 3 months.

AVOID FREEZING soups and stews that are milk- or cream-base and those thickened with cornstarch or flour. Soups with chunks of potatoes should also be avoided (potatoes tend to get mealy when frozen and thawed).





ANDOUILLE AND
SHRIMP GUMBO

OKRA. THE TEXTURE OF COOKED OKRA CAN BE POLARIZING, BUT THAT VISCOUS LIQUID ACTUALLY THICKENS GUMBO AND GIVES IT BODY. EITHER FRESH OR FROZEN OKRA WILL WORK HERE. TO PREPARE FRESH OKRA, RINSE IT WELL AND CUT OFF THE TIPS AND STEM ENDS BEFORE SLICING.

ANDOUILLE AND SHRIMP GUMBO

HANDS-ON TIME 35 minutes

COOK 15 minutes

- ⅓ cup all-purpose flour
- ⅓ cup vegetable oil
- 1 cup chopped onion
- ½ cup chopped celery
- 1 cup chopped green and/or red sweet pepper
- 12 cloves garlic, minced
- 3 cups reduced-sodium chicken broth
- 2 cups sliced okra or one 10-oz. pkg. frozen sliced okra
- ¼ tsp. black pepper
- ⅓ tsp. cayenne pepper
- 12 oz. cooked andouille sausage or smoked sausage, sliced
- 1 lb. fresh peeled and deveined medium shrimp
- ¼ cup chopped green onions
- 1 to 2 tsp. filé powder (optional)
- Hot cooked rice

- 1.** For roux, in a heavy 4-qt. pot stir together flour and oil until smooth. Cook and stir over medium-high heat until bubbly. Reduce heat to medium. Cook and stir about 5 minutes more or until roux is dark reddish brown.
- 2.** Stir in the next four ingredients (through garlic). Cook 5 minutes or until vegetables are tender, stirring frequently. Add broth, okra, black pepper, and cayenne. Bring to boiling; reduce heat. Simmer, covered, 15 minutes, stirring occasionally.
- 3.** Stir in sausage; heat. Add shrimp and green onions; cook 2 to 4 minutes or until shrimp are opaque, stirring frequently. If desired, stir in filé powder. Serve over rice. **Makes 6 servings (1½ cups each).**

EACH SERVING 510 cal., 28 g fat (7 g sat. fat), 157 mg chol., 910 mg sodium, 36 g carb., 3 g fiber, 3 g sugars, 28 g pro.

FRENCH ONION SOUP

Photo on p. 236

START TO FINISH 30 minutes

- 2 Tbsp. butter
- 2 cups thinly sliced yellow onions
- 1 32-oz. carton reduced-sodium beef broth
- 2 Tbsp. dry sherry or dry white wine (optional)
- 1 tsp. Worcestershire sauce
- Dash black pepper
- 4 slices French or Italian bread, toasted
- ¾ cup shredded Swiss, Gruyère, or Jarlsberg cheese (3 oz.)

- 1.** In a 3-qt. saucepan melt butter; add onions. Cook, covered, over medium-low heat 8 to 10 minutes or until tender and golden, stirring occasionally.
- 2.** Add broth, sherry (if using), Worcestershire sauce, and pepper to onions in saucepan. Bring to boiling; reduce heat. Simmer, covered, 10 minutes.

- 3.** Meanwhile, preheat broiler. Arrange toasted bread on a foil-lined baking sheet; sprinkle with cheese. Broil 3 to 4 inches from the heat about 1 minute or until cheese melts and is lightly browned. Top servings with toasted bread slices. **Makes 4 servings (1½ cups each).**

EACH SERVING 251 cal., 13 g fat (8 g sat. fat), 35 mg chol., 776 mg sodium, 22 g carb., 2 g fiber, 5 g sugars, 12 g pro.

MAKING A DARK ROUX

1

COMBINE THE OIL AND FLOUR in the pot. Cook over medium-high heat, stirring until bubbly.

2

REDUCE THE HEAT to medium and continue to cook and stir until the roux is the color of a penny (this takes 5 to 10 minutes). Constant stirring and a close watch will prevent scorching.





OYSTER STEW

OYSTER STEW

START TO FINISH 25 minutes

- 1 pint (about 3 dozen) shucked oysters, undrained (about 1 lb.)
- 1 cup finely chopped onion
- ½ cup finely chopped celery
- ½ tsp. salt
- ¼ cup butter
- 2 Tbsp. all-purpose flour
- ¼ tsp. black pepper
- ¼ tsp. cayenne pepper
- 2 cups whole milk
- 2 cups half-and-half
- 2 Tbsp. cream sherry
- Freshly ground nutmeg (optional)
- Snipped fresh Italian parsley (optional)

1. Drain oysters, reserving liquor. Remove any shell pieces.
2. In a 3-qt. saucepan cook onion, celery, and salt in butter over medium heat 10 minutes or until tender. Stir

in flour, black pepper, and cayenne pepper. Cook and stir 2 minutes more. Slowly whisk in milk and half-and-half. Bring to a simmer over medium heat, stirring slowly.

3. Stir in the drained oysters. Cook 3 to 5 minutes or until oysters curl around the edges. Stir in oyster liquor and sherry; heat through. If desired, add additional sherry to taste. Top servings with ground nutmeg and/or parsley.

Makes 6 servings (⅔ cup each).

EACH SERVING 300 cal., 21 g fat (12 g sat. fat), 95 mg chol., 427 mg sodium, 16 g carb., 1 g fiber, 9 g sugars, 13 g pro.

NEW ENGLAND CLAM CHOWDER

START TO FINISH 30 minutes

- 2 pints shucked clams or four 6.5-oz. cans chopped clams, undrained
- 1 8-oz. bottle clam juice

- 6 slices bacon, cut up
- 1 cup chopped onion
- ½ cup chopped celery
- 4 cups chopped, peeled potatoes
- 1 tsp. chopped fresh thyme
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 cups half-and-half

1. Chop fresh clams (if using), reserving juice. Strain fresh clam juice to remove bits of shell. (Or drain canned clams, reserving juice.) Add enough bottled clam juice to the reserved clam juice to measure 3 cups.

2. In a 4- to 6-qt. pot cook bacon over medium heat until crisp. Drain bacon on paper towels, reserving 1 Tbsp. drippings in pot. Add onion and celery to the reserved drippings. Cook 5 minutes or until soft, stirring occasionally.

3. Add the 3 cups clam juice, the potatoes, thyme, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 15 minutes or until potatoes are tender, stirring occasionally. Using a potato masher, mash potatoes and solids just until soup is slightly thick and chunky.

4. Add clams. Return to boiling; reduce heat and cook 1 minute. Stir in half-and-half; heat through. Sprinkle with bacon and, if desired, additional chopped thyme. **Makes 6 servings (1½ cups each).**

EACH SERVING 375 cal., 15 g fat (8 g sat. fat), 83 mg chol., 1,365 mg sodium, 30 g carb., 2 g fiber, 5 g sugars, 30 g pro.



NEW ENGLAND
CLAM CHOWDER

SOUP AND BREAD. SERVE THIS CROWD-PLEASING SOUP WITH CRUSTY GARLIC BREAD FOR DIPPING.

SUPREME PIZZA SOUP

HANDS-ON TIME 40 minutes

COOK 20 minutes

- 1 lb. bulk Italian sausage or lean ground beef
- 1 3.5-oz. pkg. sliced pepperoni
- 2 8-oz. pkg. fresh mushrooms, coarsely chopped
- 1 cup chopped onion
- 1½ cups chopped red and/or green sweet peppers
- 2 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 tsp. crushed red pepper
- 3 28-oz. cans diced tomatoes, undrained
- 2 14.5-oz. cans reduced-sodium chicken broth
- ½ cup pitted black olives, halved
- 1 Tbsp. dried Italian seasoning, crushed
- Grated Parmesan cheese

1. In a 10-inch skillet cook sausage over medium heat 10 minutes or until browned. Drain on paper towels. If desired, halve pepperoni slices. In the same skillet cook pepperoni over medium heat 5 minutes or until slices start to crisp, stirring often. Drain on paper towels.

2. Meanwhile, in an 8- to 10-qt. pot cook mushrooms, onion, and sweet peppers in 1 Tbsp. oil over medium-low heat 10 minutes or until crisp-tender, stirring occasionally. Push vegetables aside and add the remaining 1 Tbsp. oil. Cook and stir garlic and crushed red pepper in hot oil 30 seconds or until aromatic.

3. Add meats, tomatoes, broth, olives, and Italian seasoning. Simmer, uncovered, 20 minutes, stirring occasionally. Serve with cheese.

Makes 12 servings (1½ cups each).

EACH SERVING 372 cal, 25 g fat (9 g sat. fat), 55 mg chol, 1,207 mg sodium, 21 g carb., 3 g fiber, 7 g sugars, 15 g pro.







MAC-AND-CHEESE SOUP

HEAVY ON THE TOMATOES

For a deeper color and a richer tomato flavor, replace 1 cup of the water with 1 cup canned tomato puree in this gazpacho.

MAC-AND-CHEESE SOUP

START TO FINISH 30 minutes

- 2 Tbsp. butter
- $\frac{3}{4}$ cup chopped onion
- 3 cloves garlic, minced
- 3 cups reduced-sodium chicken broth
- $\frac{1}{2}$ tsp. dry mustard or 1 Tbsp. Dijon mustard
- 1 8-oz. pkg. cream cheese, cubed and softened
- 2 cups half-and-half
- 1 8-oz. pkg. shredded cheddar cheese or three-cheese blend (cheddar, Colby, and Monterey Jack) (2 cups)
- 2 cups cooked elbow macaroni
- 4 oz. cooked ham, cubed
- $\frac{1}{2}$ cup frozen peas

1. In a 3-qt. saucepan melt butter over medium heat. Add onion and garlic; cook 4 to 5 minutes or until onion is tender. Stir in broth and mustard. Bring to boiling; reduce heat to maintain simmer. Stir in cream cheese until smooth. Stir in half-and-half. Reduce heat to low.

2. Add the shredded cheese a little at a time, whisking until cheese is melted before adding more cheese. Stir in macaroni, ham, and peas. Heat through. **Makes 6 servings (1½ cups each).**

EACH SERVING 618 cal, 40 g fat (24 g sat. fat), 125 mg chol., 954 mg sodium, 41 g carb., 2 g fiber, 8 g sugars, 24 g pro.

MEXICAN-STYLE GAZPACHO

HANDS-ON TIME 20 minutes

CHILL 1 hour

- 3 large tomatoes (about 2 lb.)
- 1 large cucumber (about 1 lb.)
- 1 large or 2 to 3 small sweet peppers (about 8 oz.)
- 2 cups water
- 1 cup coarsely chopped onion
- 3 Tbsp. olive oil
- 2 Tbsp. white wine vinegar or sherry vinegar
- 1 to 2 tsp. salt
- 2 fresh serrano or jalapeño chile peppers, seeded and thinly sliced (tip, p. 28)
- Watercress (optional)

1. Quarter and seed tomatoes. Halve cucumber and peppers lengthwise; scoop out seeds. Chop coarsely.

2. In a food processor or blender process tomatoes, cucumber, peppers, the water, and onion in batches. Remove each batch of puree to a bowl, reserving 2 cups to process the next batch.

3. Whisk in olive oil, vinegar, and salt. Cover and chill 1 hour. Serve topped with chile peppers and, if desired, watercress. **Makes 4 servings (2 cups each).**

EACH SERVING 173 cal, 11 g fat (2 g sat. fat), 0 mg chol., 599 mg sodium, 18 g carb., 5 g fiber, 10 g sugars, 4 g pro.



MEXICAN-STYLE GAZPACHO





JUST FOR FUN. CLASSIC LASAGNA ALWAYS HAS A LAYER OF CREAMY RICOTTA CHEESE. TO KEEP THE TRADITIONAL FLAVOR, WE SMEARED A SPOONFUL IN EACH BOWL BEFORE ADDING THE SOUP.

LASAGNA SOUP

HANDS-ON TIME 20 minutes
COOK 20 minutes

- 6 to 8 cups reduced-sodium chicken broth
- 1 14.5-oz. can no-salt-added diced tomatoes, undrained
- 2 8-oz. cans no-salt-added tomato sauce
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green sweet pepper
- 2 tsp. dried Italian seasoning, crushed
- 3 cloves garlic, minced
- 1 lb. uncooked bulk Italian turkey sausage or ground turkey
- 10 oz. lasagna noodles, broken into bite-size pieces

1. In a 5- to 6-qt. pot combine 6 cups broth and the next six ingredients (through garlic). Bring to boiling; reduce heat.

2. Drop sausage by teaspoonfuls into broth mixture. Add noodles. Simmer gently, covered, 20 minutes or until noodles are tender and sausage is cooked, stirring occasionally. Add additional broth if needed to reach desired consistency. If desired, top servings with shredded *Parmesan* cheese and snipped fresh *basil*.

Makes 6 servings (1 $\frac{1}{4}$ cups each).

EACH SERVING 342 cal., 8 g fat (2 g sat. fat), 42 mg chol., 1,075 mg sodium, 47 g carb., 8 g fiber, 9 g sugars, 23 g pro.

IMMERSION

BLENDER If you have an immersion blender, put it to use when making pureed soups. It allows you to blend the soup directly in the pan or in a large bowl. And it's easy to clean, too.





CREAM OF BROCCOLI AND CHEESE SOUP

START TO FINISH 25 minutes

- 4 cups chopped fresh broccoli
- 1½ cups reduced-sodium chicken broth or vegetable broth
- 1 Tbsp. butter
- 1 Tbsp. all-purpose flour
- ½ tsp. lemon zest
- ¼ tsp. salt
- Dash black pepper
- 1 cup milk or half-and-half
- 2 oz. American cheese slices, torn

1. In a 2-qt. saucepan cook broccoli, covered, in a large amount of boiling water 8 to 10 minutes or until tender. Drain well. Set aside 1 cup cooked broccoli.

2. In a food processor or blender combine the remaining cooked broccoli and ¾ cup of the broth. Cover and process until smooth.

3. In the same saucepan melt butter. Stir in flour, lemon zest, salt, and pepper. Add milk all at once. Cook and stir until slightly thickened and bubbly. Cook and stir 1 minute more.

4. Stir in the reserved 1 cup cooked broccoli, blended broccoli mixture, and the remaining ¾ cup broth. Cook and stir until heated through. Stir in the cheese. If necessary, stir in additional milk to reach desired consistency. Season to taste with additional salt and pepper. **Makes 4 servings (1 cup each).**

EACH SERVING 165 cal, 10 g fat (6 g sat. fat), 30 mg chol., 727 mg sodium, 12 g carb., 2 g fiber, 5 g sugars, 9 g pro.

CREAM OF POTATO SOUP Omit broccoli, lemon zest, and cheese. Cook 5 medium potatoes, peeled and cubed (5 cups), and ½ cup chopped onion as directed in Step 1 for 15 minutes or until tender. Set aside 1 cup potato mixture. Blend remaining mixture as directed in Step 2, except use all of the broth. Add ¼ tsp. dried basil, crushed, or dried dill in Step 3.

CREAM OF MUSHROOM SOUP Omit broccoli, lemon zest, and cheese. In a 12-inch skillet cook 1 cup each chopped onion and celery in 1 Tbsp. butter. Transfer to food processor. In same skillet cook 1 lb. thinly sliced assorted fresh mushrooms in 2 Tbsp. butter until tender. Blend onion, celery, and half of the mushrooms as directed in Step 2. Add remaining mushrooms and 1 tsp. chopped fresh thyme in Step 3.



CREAM OF CORN SOUP Omit broccoli, lemon zest, and cheese. Thaw a 12- to 14-oz. pkg. frozen gold and white baby corn. Cook 1 cup thinly sliced leeks; 1 cup cubed, peeled russet potato; and 2 cloves garlic, minced, as directed in Step 1 until tender. Blend mixture and 1 cup corn as directed in Step 2. Add remaining corn, 2 oz. softened cream cheese, ¼ cup chopped fresh parsley, and ¼ tsp. cayenne in Step 4.

CREAM OF ROASTED ASPARAGUS SOUP Omit broccoli, lemon zest, and cheese. Lightly coat 1 lb. trimmed fresh asparagus with olive oil. Place in a single layer on a foil-lined baking sheet. Roast in a 400°F oven 15 to 20 minutes or until tender. Cut off asparagus tips. Cut stems into 1-inch pieces. Blend stems as directed in Step 2. Stir in ¼ tsp. freshly grated nutmeg in Step 3. Top servings with asparagus tips.



SESAME GREEN BEANS
WITH TERIYAKI GLAZE
Recipe on page 272



SIDES

Round out the meal with these anything-but-boring potato, grain, and veggie dishes.

A close-up photograph of a white ceramic bowl with a blue rim, filled with creamy mashed potatoes. A pat of butter is melting on top, and it is garnished with finely chopped green chives. The bowl sits on a light-colored, textured surface, possibly marble. In the foreground, more chives are scattered on the surface. To the right, a portion of a wooden spoon is visible.

**EXTRA
FLAVOR**

Add savory richness by cooking the potatoes in chicken broth or vegetable broth instead of lightly salted water. You can reserve and mix some of the cooking liquid into the mashed potatoes to replace some of the milk.

COOKING CLASS. MASH THE POTATOES JUST UNTIL THEY'RE FLUFFY. IF YOU OVERWORK THE POTATOES, THE STARCH CELLS WILL BREAK DOWN AND RESULT IN A GLUEY, STICKY TEXTURE.

MASHED POTATOES

HANDS-ON TIME 15 minutes

COOK 20 minutes

- 3 lb. Yukon Gold, red, or russet potatoes, peeled if desired, cut into 2-inch pieces
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ to $\frac{3}{4}$ cup milk, heavy cream, or half-and-half
- 1 tsp. salt
- $\frac{1}{2}$ tsp. black pepper

1. In a 4- to 5-qt. Dutch oven cook potatoes, covered, in enough lightly salted boiling water to cover 20 to 25 minutes or until tender; drain. Return potatoes to the hot Dutch oven. Add butter.* Let stand, uncovered, 2 to 3 minutes. Meanwhile, in a 1- or 1½-qt. saucepan heat $\frac{3}{4}$ cup milk over low heat until very warm.

2. Mash potatoes until light and fluffy. Stir in $\frac{1}{2}$ cup of the milk, salt, and pepper. Stir in additional milk as desired. If desired, top with additional butter and snipped fresh chives.

Makes 10 servings ($\frac{1}{2}$ cup each).

***NOTE** If using a ricer, stir in melted butter after pressing through ricer.

EACH SERVING 126 cal., 5 g fat (3 g sat. fat), 13 mg chol., 281 mg sodium, 19 g carb., 2 g fiber, 1 g sugars, 3 g pro.

TO MAKE AHEAD Prepare Mashed Potatoes as directed. Place potato mixture in a greased 2-qt. rectangular baking dish; cool. Cover tightly and chill up to 48 hours. To serve, preheat oven to 350°F. Bake, covered with foil, 45 minutes. Uncover; bake 10 to 15 minutes more or until heated through.



ROASTED GARLIC MASHED

POTATOES Roast 2 bulbs of garlic as directed on p. 30. Remove cloves and mash. Prepare potatoes as directed, except beat in roasted garlic and 4 oz. cream cheese, cut into small cubes, with the butter. If desired, stir in $\frac{1}{2}$ cup roasted red peppers, drained and chopped, and $\frac{1}{2}$ cup chopped green onions.



MASHED SWEET POTATOES Prepare potatoes as directed, using 3 lb. sweet potatoes, peeled, for the potatoes.



CHEESY HERBED MASHED POTATOES

Prepare potatoes as directed, then stir in $\frac{1}{2}$ cups shredded cheese, such as cheddar, Fontina, or smoked cheddar, or $\frac{1}{2}$ cup Gouda, Asiago, Parmesan, or Romano; $\frac{1}{2}$ cup chopped fresh parsley and/or basil; and 2 Tbsp. chopped fresh thyme, rosemary, and/or oregano.



BACON AND ONION MASHED POTATOES

In a 12-inch skillet crisp-cook 6 slices thick-sliced bacon. Transfer bacon to paper towels. Drain all but 1 Tbsp. drippings from skillet; add 2 cups chopped onions. Cook, covered, over medium-low heat 13 to 15 minutes or until onion is tender, stirring occasionally. Uncover; cook and stir over medium-high heat 3 to 5 minutes or until onion is golden. Crumble bacon. Prepare potatoes as directed, except reduce milk to $\frac{1}{4}$ cup. Add 1 cup sour cream with the milk. Fold in bacon and onions.



BAKED
POTATOES

BAKED POTATOES

HANDS-ON TIME 5 minutes

BAKE 40 minutes at 425°F

- 4 medium baking potatoes (6 to 8 oz. each)**
Butter (optional)

1. Preheat oven to 425°F. Scrub potatoes thoroughly with a vegetable brush; pat dry. Prick potatoes with a fork. (If desired, for soft skins, rub potatoes with butter or wrap each potato in foil.)
2. Bake 40 to 60 minutes or until tender. To serve, roll each potato gently under a towel. Using a knife, cut an "X" in top of each potato. Press in

and up on the ends of each potato.

Makes 4 potatoes.

EACH POTATO 131 cal., 0 g fat, 0 mg chol., 10 mg sodium, 30 g carb., 4 g fiber, 1 g sugars, 3 g pro.

BAKED SWEET POTATOES Prepare as directed, except substitute sweet potatoes for the baking potatoes. If desired, serve sweet potatoes with butter and brown sugar or cinnamon-sugar.

SLOW COOKER TIP Rub scrubbed potatoes lightly with olive oil. Place potatoes in a 4- or 6-qt. slow cooker (4 potatoes in a 4-qt. or 8 potatoes in a 6-qt.). Cover; cook on low 8 hours or high 4 hours or until potatoes are tender.

ROASTED SMASHED POTATOES

HANDS-ON TIME 15 minutes

COOK 25 minutes

COOL 10 minutes

BAKE 22 minutes at 450°F

- 12 to 16 small red potatoes (1½ to 2 inches in diameter, 1½ to 2 lb. total)**
1 tsp. salt
¼ cup olive oil
¾ tsp. salt
½ tsp. black pepper
¾ cup finely shredded Parmesan cheese
2 Tbsp. finely chopped fresh Italian parsley

1. Place potatoes in a 3-qt. saucepan and cover with at least 1 inch of water. Add the 1 tsp. salt. Bring to boiling; reduce heat. Cover and simmer 25 to 30 minutes or until potatoes are very tender; drain.

2. Preheat oven to 450°F. Transfer potatoes to a foil-lined 15×10-inch baking pan. Cool 10 minutes. Lightly press down on each potato to smash to about a ½-inch thickness, keeping each potato in one piece.

3. Brush half of the olive oil on potatoes. Sprinkle half of the ¾ tsp. salt and ¼ tsp. of the pepper on potatoes. Bake, uncovered, 10 to 15 minutes or until bottoms are lightly browned and crisp. Turn potatoes; brush with the remaining olive oil and sprinkle with the remaining salt and pepper. Bake 10 to 15 minutes more or until potatoes are lightly browned and crisp. In a bowl combine cheese and parsley. Sprinkle on potatoes. Bake 2 to 3 minutes more or until cheese melts.

Makes 12 servings (1 potato each).
EACH SERVING 101 cal., 6 g fat (2 g sat. fat), 4 mg chol., 257 mg sodium, 9 g carb., 1 g fiber, 1 g sugars, 3 g pro.

ROASTED SMASHED
POTATOES

SMASH IT

A potato masher, drinking glass, or measuring cup works perfectly for flattening the potato rounds before roasting them.



TWICE-BAKED POTATOES

HANDS-ON TIME 20 minutes

STAND 10 minutes

BAKE 22 minutes at 425°F

1 recipe Baked Potatoes (p. 260)

$\frac{1}{2}$ cup sour cream or plain yogurt

$\frac{1}{4}$ tsp. garlic salt

$\frac{1}{8}$ tsp. black pepper

Milk (optional)

$\frac{3}{4}$ cup finely shredded cheddar cheese (3 oz.)

1 Tbsp. chopped fresh chives (optional)

1. Bake potatoes as directed; let stand about 10 minutes. Cut a lengthwise slice off the top of each baked potato; discard skin from slices and place pulp in a bowl. Scoop out potato pulp (tip, *below*); add to the bowl.

2. Preheat oven to 425°F. Mash the potato pulp with a potato masher or an electric mixer on low speed. Add sour cream, garlic salt, and pepper; beat until smooth. (If necessary, stir in 1 to 2 Tbsp. milk to reach desired consistency.) Season to taste with salt and additional pepper. Stir in $\frac{1}{2}$ cup of the cheddar cheese and, if desired, chives. Spoon the mashed potato mixture into the potato shells. Place in a 2-qt. baking dish.

3. Bake, uncovered, 20 to 25 minutes or until light brown. Sprinkle with remaining $\frac{1}{4}$ cup cheese. Bake 2 minutes or until cheese melts.

Makes 4 potatoes.

EACH POTATO 268 cal., 12 g fat

(7 g sat. fat), 35 mg chol., 221 mg sodium,

21 g carb., 2 g fiber, 2 g sugars, 10 g pro



ROASTED POBLANO Prepare as directed, except roast 2 poblano chile peppers (tip, p. 28). Peel and chop the peppers and stir into mashed potato mixture with the cheese. Substitute chopped fresh cilantro for the chives. If desired, garnish with additional cilantro.



MUSHROOM-SWISS Prepare as directed, except in a 10-inch skillet cook and stir 2 cups sliced fresh mushrooms and 1 clove garlic, minced, in 1 Tbsp. butter 5 to 6 minutes or until tender and browned. Stir into mashed potato mixture. Substitute Swiss cheese for the cheddar cheese and chopped fresh Italian parsley for the chives.



BROCCOLI-CHEESE Prepare as directed, except stir 1 cup chopped cooked broccoli into the mashed potato mixture with the cheese. Substitute chopped fresh dill for the chives.



SOUTHWESTERN Prepare as directed, except in Step 2, substitute pepper Jack cheese for the cheddar cheese and chopped fresh cilantro for the chives. Serve with purchased salsa.

COOKING CLASS. USING A SPOON, GENTLY SCOOP OUT THE COOKED POTATO FLESH, LEAVING $\frac{1}{4}$ INCH OF FLESH IN THE SHELLS. AVOID SCOOPING OUT TOO MUCH—YOU WANT A SHELL THAT'S THICK ENOUGH TO STAY OPEN BY ITSELF WITHOUT COLLAPSING.



FRENCH FRIES

FRENCH FRIES

START TO FINISH 45 minutes

- 4 medium baking or sweet potatoes**
(6 to 8 oz. each)
Peanut or vegetable oil for deep-fat frying
Salt or seasoned salt (optional)

1. If desired, peel potatoes. To prevent darkening, immerse peeled potatoes in a bowl of ice water until ready to cut. Cut potatoes lengthwise into ½-inch-wide strips. Return potato strips to ice water.

2. In a heavy, deep 3-qt. saucepan or deep-fat fryer heat oil to 325°F over medium heat (saucepan should be no more than half full). Drain potatoes and place on paper towels; pat potatoes dry. Using a slotted spoon, carefully add potato strips, about one-eighth at a time, to hot oil. Fry 2 minutes. Using a slotted spoon, transfer potatoes to paper towels to drain.

3. Preheat oven to 300°F. Heat oil to 375°F over medium-high heat. Add fried potatoes, about one-eighth at a time, to hot oil and fry 2 to 3 minutes or until crisp and golden. Using a slotted

spoon, transfer potatoes to paper towels to drain. If desired, sprinkle with salt and/or fresh rosemary or sage. Keep fries warm in a baking pan in oven while frying remaining potatoes.

Makes 6 servings (1 cup each).

EACH SERVING 487 cal., 45 g fat (8 g sat. fat), 0 mg chol., 6 mg sodium, 20 g carb., 1 g fiber, 1 g sugars, 2 g pro.

ONION RINGS

START TO FINISH 45 minutes

- ¾ cup all-purpose flour**
¾ cup milk
1 egg
1 Tbsp. vegetable oil
¼ tsp. salt
Peanut or vegetable oil for deep-fat frying
4 medium mild yellow or white onions, sliced ¼ inch thick and separated into rings (1¼ lb.)
1 recipe Curried Aioli and/or Chipotle Ketchup

1. For batter, in a medium bowl combine flour, milk, egg, 1 Tbsp. oil, and ¼ tsp. salt; whisk just until smooth.

2. In a deep-fat fryer or 12-inch deep skillet heat 1 inch oil to 365°F. Using a fork, dip onion rings into batter; drain off excess batter.* Fry onion rings, a few at a time, in hot oil 2 to 3 minutes or until golden, stirring once or twice with a fork to separate rings. Remove rings from oil; drain on paper towels. Sprinkle with additional salt. Serve with Curried Aioli and/or Chipotle Ketchup.

Makes 6 servings.

CURRIED AIOLI In a bowl stir together ½ cup mayonnaise; 2 cloves garlic, minced; 1 tsp. lemon juice; and ½ tsp. curry powder. Slowly drizzle ⅓ cup olive oil in a thin stream into the mixture, whisking constantly. Cover; chill up to 3 days.

CHIPOTLE KETCHUP In a small bowl stir together 1 cup ketchup and 2 tsp. finely chopped chipotle chile peppers in adobo sauce. Cover and chill up to 3 days.

***NOTE** You might need to stir the last few onion rings into batter to coat them well.

EACH SERVING 300 cal., 22 g fat (3 g sat. fat), 33 mg chol., 222 mg sodium, 22 g carb., 2 g fiber, 5 g sugars, 5 g pro.



ONION RINGS



OVEN-FRIED
VEGGIES

OVEN-FRIED VEGGIES

HANDS-ON TIME 25 minutes

BAKE 20 minutes at 400°F

- 1 cup panko bread crumbs (tip, p. 24)
- ½ cup grated Parmesan cheese
- 1 tsp. dried oregano, basil, or thyme, crushed
- ½ tsp. garlic powder
- ½ tsp. black pepper
- 1 egg, lightly beaten
- 1 Tbsp. milk
- 4 cups cauliflower florets, broccoli florets, whole fresh button mushrooms, sliced zucchini, and/or packaged peeled baby carrots
- ¼ cup butter, melted
- Curried Aioli (p. 264) or ranch dressing (optional)

1. Preheat oven to 400°F. Lightly grease a 15×10-inch baking pan. In a resealable plastic bag combine first five ingredients (through pepper). In a small bowl combine egg and milk.

2. Toss 1 cup of the vegetables in the egg mixture. Using a slotted spoon, transfer vegetables to the plastic bag. Close bag and shake to coat with panko mixture. Place coated vegetables in the prepared baking pan. Repeat with remaining vegetables, egg mixture, and panko mixture. Drizzle melted butter over vegetables.

3. Bake 20 to 25 minutes or until golden, stirring twice. If desired, serve with Curried Aioli. **Makes 6 servings (½ cup each).**

EACH SERVING 169 cal., 11 g fat (6 g sat. fat), 62 mg chol., 222 mg sodium, 12 g carb., 2 g fiber, 3 g sugars, 7 g pro.



RISOTTO

START TO FINISH 40 minutes

- ½ cup chopped onion
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 1 cup uncooked Arborio rice
- 2 14.5-oz. cans reduced-sodium chicken broth (3½ cups)
- ¼ cup grated Parmesan cheese (1 oz.)
- Lemon zest (optional)

1. In a 3-qt. saucepan cook onion and garlic in hot oil over medium heat 3 to 5 minutes or until onion is tender, stirring occasionally. Add the rice; cook 3 to 5 minutes or until rice is golden brown, stirring often.

2. Meanwhile, in a 1½-qt. saucepan bring broth to boiling; reduce heat. Cover and keep broth simmering. Carefully stir ½ cup of the broth into the rice mixture. Cook over medium heat until liquid is absorbed, stirring frequently. Continue adding broth, ½ cup at a time, stirring frequently until the broth is absorbed. Rice should be tender and creamy. (This should take 20 to 25 minutes total.)

3. Stir in cheese; heat through. If desired, sprinkle with lemon zest. Serve immediately. **Makes 6 servings (½ cup each).**

EACH SERVING 171 cal., 5 g fat (1 g sat. fat), 3 mg chol., 368 mg sodium, 26 g carb., 1 g fiber, 0 g sugars, 5 g pro.

12 EASY SIDES



CABBAGE AND FARRO

In a 12-inch skillet cook 3 cups shredded cabbage; 1 apple, chopped; ½ cup chopped onion; and 3 strips bacon, chopped, over medium heat until tender, stirring occasionally. Add 2 cups cooked farro. Stir in 2 Tbsp. cider vinegar and 1 tsp. each honey and Dijon mustard. Add salt and black pepper to taste. Makes 6 servings.



QUINOA PILAF

In a 10-inch skillet cook 2 cups sliced cremini mushrooms, 1 cup sliced zucchini, and ½ cup chopped onion in 2 Tbsp. olive oil over medium-high heat 5 minutes or until lightly browned, stirring often. Stir in 2 cups fresh baby kale; 1 cup halved grape tomatoes; ½ tsp. herbes de Provence, crushed; and ½ tsp. salt and ¼ tsp. black pepper until kale wilts. Stir in 2 cups hot cooked quinoa. Makes 6 servings.



PESTO SQUASH

Microwave 1 halved and seeded spaghetti squash with ¼ cup water, covered, about 15 minutes or until tender. Scrape squash strands into a bowl. Add ¼ cup basil pesto, 2 Tbsp. shredded Parmesan cheese, ½ tsp. lemon juice, and ¼ tsp. crushed red pepper; toss to coat. If desired, top with additional Parmesan cheese and crushed red pepper. Makes 4 servings.



CHEESY ORZO

In a 10-inch skillet cook ½ cup chopped onion in 1 Tbsp. oil 4 minutes over medium heat. Stir in ½ cup dried orzo pasta. Add one 14.5-oz. can vegetable broth; ½ tsp. dried thyme, crushed; and ¼ tsp. black pepper. Simmer, covered, 5 minutes. Stir in 3 cups broccoli florets. Cover; simmer 5 minutes. Stir in ½ cup shredded white cheddar cheese. Let stand 5 minutes. Serve with lemon wedges. Makes 4 servings.



MARINATED SUMMER SQUASH

Using a vegetable peeler, cut 2 medium zucchini and/or yellow summer squash lengthwise into ribbons. In a large bowl whisk together 2 Tbsp. olive oil, 1 tsp. lemon zest, 1 Tbsp. lemon juice, and ¼ tsp. each salt and black pepper. Add squash ribbons; toss to coat. Let stand 30 minutes. Top with ¼ cup crumbled goat cheese and 2 Tbsp. snipped fresh basil. Makes 6 servings.



PAN-ROASTED PEPPERS

Cut 3 sweet peppers lengthwise into 1-inch-wide strips, 1 medium sweet onion into thin wedges, and 2 cloves garlic into thin slices. In a 12-inch skillet cook vegetables in 1 Tbsp. olive oil over medium-high heat about 5 minutes or until tender. Toss in 1 Tbsp. each chopped fresh herbs and balsamic vinegar. Add salt and black pepper to taste. Makes 6 servings.



HOISIN VEGGIES

In a double-thick 18-inch square of heavy foil place $1\frac{1}{2}$ cups thinly sliced carrots; $1\frac{1}{2}$ cups snow pea pods, trimmed and halved; and 4 green onions, cut into 1-inch pieces. Top with 2 Tbsp. hoisin sauce. Fold foil into a packet. Grill, covered, over direct medium heat until veggies are crisp-tender, turning twice. Sprinkle with toasted sesame seeds and crushed red pepper. Makes 4 servings.



PANKO PEAS AND ONIONS

In a 10-inch skillet heat 1 Tbsp. each butter and olive oil over medium-high heat. Add $\frac{1}{2}$ cup panko bread crumbs (tip, p. 24). Cook and stir 1 minute until golden. Add one 16-oz. pkg. frozen peas; $\frac{1}{2}$ cup slivered onion; 1 clove garlic, minced; and $\frac{1}{2}$ tsp. dried Italian seasoning, crushed. Cook 5 minutes, stirring occasionally. Season with salt and pepper. Makes 6 servings.



CORN ON THE COB

Remove husks and silks from 8 ears of corn. Cook, covered, in enough boiling lightly salted water to cover 5 to 7 minutes or until tender. Spread with butter, mayonnaise, pesto, or creamy herbed cheese. If desired, sprinkle with salt and black pepper, grated Cotija cheese, finely shredded Parmesan cheese, seafood seasoning, or chopped fresh herbs. Makes 8 ears.



SKILLET SUCCOTASH

In a 10-inch skillet cook 2 or 3 strips bacon, chopped, with $\frac{1}{2}$ cup chopped onion and 1 clove garlic, minced, over medium heat until bacon is crisp, stirring occasionally. Add 2 cups fresh or frozen corn kernels and 1 cup frozen edamame; cook and stir 5 minutes or until tender. Add 1 cup halved cherry tomatoes, 1 Tbsp. chopped fresh dill, and salt and black pepper to taste; heat through. Makes 6 servings.



COMPOUND BUTTER FOR VEGGIES

Combine $\frac{1}{2}$ cup softened butter with 2 tsp. each chopped fresh thyme and oregano OR 1 tsp. lime zest, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. ground chipotle chile pepper OR 2 tsp. chopped fresh chives and $1\frac{1}{2}$ to 2 tsp. Roasted Garlic (p. 30) until combined. Spoon onto a sheet of plastic wrap. Wrap butter and twist ends to make a log. Chill 1 to 24 hours. Toss with steamed vegetables. Makes $\frac{1}{2}$ cup butter.



WALNUT-ONION GREEN BEANS

In a 10-inch skillet cook 3 cups fresh green beans, trimmed and cut into 1- to 2-inch pieces; $1\frac{1}{2}$ cups chopped sweet onion; $\frac{1}{2}$ cup broken walnuts; $\frac{1}{2}$ tsp. salt; and $\frac{1}{4}$ tsp. black pepper in 1 Tbsp. each olive oil and butter over medium heat 15 minutes or until beans are crisp-tender, stirring occasionally. Makes 6 servings.

CHANGE IT UP. TURN MEXICAN RED RICE GREEN. SUBSTITUTE PURCHASED GREEN SALSA FOR ROASTED SALSA ROJA.

MEXICAN RED RICE

HANDS-ON TIME 25 minutes
COOK 20 minutes

- 1 Tbsp. vegetable oil
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 tsp. ground ancho chile pepper
- ¼ tsp. kosher salt
- 1 cup uncooked long grain rice
- 1 14.5-oz. can reduced-sodium chicken broth or vegetable broth
- ¾ cup Roasted Salsa Roja or purchased red salsa
- ¼ cup water
- ½ cup finely chopped fresh cilantro

1. In a 2-qt. saucepan heat oil over medium-high heat. Add onion, garlic, ancho chile pepper, and salt; cook 2 minutes. Stir in rice; cook and stir 1 minute. Add broth, Roasted Salsa Roja, and the water. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until rice is tender.

2. Remove pan from heat. Remove lid. Cover pan with a clean kitchen

towel; replace lid. Let stand 5 minutes. Remove lid and towel. Add cilantro; fluff rice with a fork. **Makes 6 servings (¾ cup each).**

EACH SERVING 166 cal, 4 g fat (0 g sat. fat), 0 mg chol, 323 mg sodium, 29 g carb., 1 g fiber, 2 g sugars, 4 g pro.

ROASTED SALSA ROJA Preheat broiler. In a 15×10-inch baking pan combine 3 tomatoes (about 1½ lb.), quartered and cored; ½ cup chopped onion; 5 cloves garlic, peeled; and 1 jalapeño chile pepper, stemmed, halved, and seeded (tip, p. 28). Toss with 2 to 3 Tbsp. vegetable oil; spread in pan. Broil 5 to 6 inches from heat 14 minutes or until vegetables char slightly, turning once halfway through broiling. Cool 10 minutes. Transfer to a food processor; pulse until coarsely chopped. Add 1 cup chopped fresh cilantro, ¼ cup lime juice, and ½ tsp. sugar; pulse until desired consistency. Season to taste with salt. Serve immediately, or cover and chill up to 3 days.





MEXICAN
RED RICE



MEXICAN
GREEN RICE



SESAME GREEN BEANS
WITH TERIYAKI GLAZE

SESAME GREEN BEANS WITH TERIYAKI GLAZE

START TO FINISH 30 minutes

- 1½ lb. green beans, trimmed
- 1 cup julienned carrots (tip, p. 19) or packaged fresh julienned carrots
- ¾ cup chicken broth
- ¼ cup soy sauce
- ¼ cup hoisin sauce
- 1 Tbsp. cornstarch
- 1 Tbsp. toasted sesame oil
- 3 Tbsp. canola oil
- 2 cups sliced stemmed fresh shiitake mushrooms
- 1 Tbsp. grated fresh ginger
- 4 cloves garlic, minced
- 2 Tbsp. chopped fresh basil
- 1 Tbsp. toasted sesame seeds

1. Bring a large pot of salted water to boiling. Add green beans; return to boiling. Boil 4 minutes. Add carrots; boil 1 minute more. Drain well.
2. In a small bowl stir together next five ingredients (through sesame oil).
3. In a large wok or 12-inch nonstick skillet heat canola oil over medium-high heat. Add mushrooms, ginger, and garlic; cook and stir about 3 minutes or until mushrooms are tender. Stir broth mixture and add to skillet; cook and stir about 1 minute or until just thickened and bubbly. Stir in green beans, carrots, and basil; heat through.
4. To serve, sprinkle with toasted sesame seeds and garnish with additional fresh basil.

Makes 8 servings (about 1 cup each).

EACH SERVING 131 cal., 8 g fat (1 g sat. fat), 1 mg chol., 741 mg sodium, 14 g carb., 3 g fiber, 7 g sugars, 3 g pro.



COLLARD GREENS
WITH BACON

COLLARD GREENS WITH BACON

HANDS-ON TIME 30 minutes
COOK 1 hour

- 1 lb. collard greens
- 3 slices bacon, chopped
- 2 cups water
- 1 8- to 10-oz. smoked pork hock
- ½ cup chopped onion
- ½ cup chopped green sweet pepper
- 1 tsp. sugar
- ¼ tsp. salt
- ¼ tsp. cayenne pepper
- 4 cloves garlic, minced
- Red wine vinegar (optional)
- Crushed red pepper (optional)

1. Wash greens in cold water; drain well. Remove and discard stems. Coarsely chop leaves to measure 6 cups lightly packed leaves.

2. In a 3-qt. saucepan cook bacon until crisp. Remove bacon, reserving drippings in saucepan. Drain bacon on paper towels. Add next eight ingredients (through garlic) to saucepan. Bring to boiling; add greens. Reduce heat. Simmer, covered, 1 hour to 1¼ hours or until greens are tender. Remove from heat. Remove pork hock. Cover greens; keep warm.

3. When cool enough to handle, cut meat off pork hock. Chop or shred meat; discard bone and fat. Return meat to greens mixture along with cooked bacon; heat through. Serve with a slotted spoon. If desired, drizzle each serving with a little vinegar and/or sprinkle with crushed red pepper.

Makes 6 servings (¾ cup each).

EACH SERVING 176 cal., 13 g fat (4 g sat. fat), 34 mg chol., 312 mg sodium, 6 g carb., 2 g fiber, 2 g sugars, 9 g pro.

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COOKING AT HIGH ALTITUDES

ALTHOUGH THERE IS NO SIMPLE FORMULA FOR CONVERTING ALL RECIPES FOR HIGH-ALTITUDE CONDITIONS, FOLLOW THESE ADJUSTMENTS IF YOU LIVE MORE THAN 1,000 FEET ABOVE SEA LEVEL.

GENERAL HIGH- ALTITUDE ISSUES

Higher than 3,000 feet above sea level:

WATER BOILS at lower temperatures, causing moisture to evaporate more quickly. This can cause food to dry out during cooking and baking.

BECAUSE OF A LOWER BOILING POINT, foods cooked in steam or boiling liquids take longer to cook.

LOWER AIR PRESSURE may cause baked goods that use yeast, baking powder, baking soda, egg whites, or steam to rise excessively, then fall.

COOKING ABOVE 6,000 FEET

Cooking at altitudes higher than 6,000 feet above sea level poses further challenges because the dry air found at such elevations influences cooking. Call your local United States Department of Agriculture Extension Service Office for advice.

SUGGESTIONS FOR BAKING

FOR CAKES LEAVENED BY

AIR, such as angel food, beat the egg whites only to soft peaks; otherwise, the batter may expand too much.

FOR CAKES MADE WITH

SHORTENING, you may want to decrease the baking powder (start by decreasing it by $\frac{1}{4}$ tsp. per tsp. called for); decrease the sugar (start by decreasing by about 1 Tbsp. for each cup called for); and increase the liquid (start by increasing it 1 to 2 tbsp. for each cup called for). These estimates are based on an altitude of 3,000 feet above sea level—at higher altitudes you may need to alter these measures proportionately. You can also try increasing the baking temperature by 15°F to 25°F to help set the batter.

WHEN MAKING A RICH

CAKE, reduce the shortening by 1 to 2 Tbsp. per cup and add 1 egg (for a 2-layer cake) to prevent cake from falling.

COOKIES generally yield acceptable results, but if you're not satisfied, try slightly increasing baking temperature; slightly decreasing the baking powder or soda, fat, and/or sugar; and/or slightly increasing the liquid ingredients and flour.

MUFFINLIKE QUICK BREADS AND BISCUITS

generally need little adjustment, but if you find that these goods develop a bitter flavor, decrease the baking soda or powder slightly. Because cakelike quick breads are more delicate, you may need to follow guidelines for cakes.

YEAST BREADS will rise more

quickly at high altitudes. Allow unshaped dough to rise only until double in size, then punch the dough down. Repeat this rising step once more before shaping dough. Flour tends to be drier at high altitudes and sometimes absorbs more liquid. If your yeast dough seems dry, add more liquid and reduce the amount of flour the next time you make the recipe.

LARGE CUTS OF MEAT may take longer to cook. Be sure to use a meat thermometer to determine proper doneness.

SUGGESTIONS FOR RANGE- TOP COOKING

CANDY MAKING Rapid evaporation caused by cooking at high altitudes can cause candies to cook down more quickly. Therefore, decrease the final cooking temperature by the difference in boiling-water temperature at your altitude and that of sea level (212°F). This is an approximate decrease of 2°F for every increase of 1,000 feet in elevation above sea level.

CANNING & FREEZING

FOODS When canning at high altitudes, adjustments in processing time or pressure are needed to guard against contamination; when freezing, an adjustment in the blanching time is needed (tip, p. 634).

DEEP-FAT FRYING At high altitudes, deep-fried foods can overbrown but remain underdone inside. While foods vary, a rough guideline is to lower the temperature of the fat about 3°F for every 1,000 feet in elevation above sea level.

MORE INFO

For more information on cooking at high altitudes, contact your county extension office or visit the Colorado State University extension services at extension.colostate.edu and search for "High Altitude Food Preparation."

METRIC INFORMATION

PRODUCT DIFFERENCES

Most of the ingredients called for in the recipes in this book are available in most countries. However, some are known by different names. Here are some common American ingredients and their possible counterparts:

SUGAR (white) is granulated, fine granulated, or castor sugar.

POWDERED SUGAR is icing sugar.

ALL-PURPOSE FLOUR is enriched, bleached or unbleached white household flour. When self-rising flour is

used in place of all-purpose flour in a recipe that calls for leavening, omit the leavening agent (baking soda or baking powder) and salt.

LIGHT-COLOR CORN SYRUP is golden syrup.

CORNSTARCH is cornflour.

BAKING SODA is bicarbonate of soda.

VANILLA OR VANILLA EXTRACT is vanilla essence.

GREEN, RED, OR YELLOW SWEET PEPPERS are capsicums or bell peppers.

GOLDEN RAISINS are sultanas.

SHORTENING is solid vegetable oil (substitute Copha or lard).

MEASUREMENT ABBREVIATIONS

MEASUREMENT	ABBREVIATIONS
fluid ounce	fl. oz.
gallon	gal.
gram	g
liter	L
milliliter	ml
ounce	oz.
package	pkg.
pint	pt.

COMMON WEIGHT EQUIVALENTS

IMPERIAL / U.S.	METRIC
½ ounce	14.18 g
1 ounce	28.35 g
4 ounces (¼ pound)	113.4 g
8 ounces (½ pound)	226.8 g
16 ounces (1 pound)	453.6 g
1¼ pounds	567 g
1½ pounds	680.4 g
2 pounds	907.2 g

OVEN TEMPERATURE EQUIVALENTS

FAHRENHEIT SETTING	CELSIUS SETTING
300°F	150°C
325°F	160°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	240°C
500°F	260°C
Broil	Broil

*For convection or forced air ovens (gas or electric), lower the temperature setting 25°F/10°C when cooking at all heat levels.

APPROXIMATE STANDARD METRIC EQUIVALENTS

MEASUREMENT	OUNCES	METRIC
⅛ tsp.		0.5 ml
¼ tsp.		1 ml
½ tsp.		2.5 ml
1 tsp.		5 ml
1 Tbsp.		15 ml
2 Tbsp.	1 fl. oz.	30 ml
¼ cup	2 fl. oz.	60 ml
½ cup	3 fl. oz.	80 ml
⅔ cup	4 fl. oz.	120 ml
¾ cup	5 fl. oz.	160 ml
1 cup	6 fl. oz.	180 ml
1 cup	8 fl. oz.	240 ml
2 cups	16 fl. oz. (1 pt.)	480 ml
1 qt.	64 fl. oz. (2 pt.)	0.95 L

CONVERTING TO METRIC

centimeters to inches	divide centimeters by 2.54
cups to liters	multiply cups by 0.236
cups to milliliters	multiply cups by 236.59
gallons to liters	multiply gallons by 3.785
grams to ounces	divide grams by 28.35
inches to centimeters	multiply inches by 2.54
kilograms to pounds	divide kilograms by 0.454
liters to cups	divide liters by 0.236
liters to gallons	divide liters by 3.785
liters to pints	divide liters by 0.473
liters to quarts	divide liters by 0.946
milliliters to cups	divide milliliters by 236.59
milliliters to fluid ounces	divide milliliters by 29.57
milliliters to tablespoons	divide milliliters by 14.79
milliliters to teaspoons	divide milliliters by 4.93
ounces to grams	multiply ounces by 28.35
ounces to milliliters	multiply ounces by 29.57
pints to liters	multiply pints by 0.473
pounds to kilograms	multiply pounds by 0.454
quarts to liters	multiply quarts by 0.946
tablespoons to milliliters	multiply tablespoons by 14.79
teaspoons to milliliters	multiply teaspoons by 4.93

FRUIT & VEGETABLE MEASURING EQUIVALENTS

FOOD	BEGINNING SIZE OR AMOUNT	YIELD AND CUT
Apple	1 medium (6 oz.)	1½ cups sliced or 1 cup chopped
Apricots	1 lb. (8 to 12 medium)	2½ cups sliced or chopped
Asparagus	1 lb. (20 spears)	2 cups 1-inch pieces
Avocado	1 medium (7 oz.)	¾ cup cubed or ½ cup mashed
Banana	1 medium (6 oz.)	½ cup mashed or ¾ cup sliced
Beans, green	1 lb.	3 to 3½ cups 1-inch pieces
Beet	1 medium (6 oz.)	¾ cup peeled and grated
Blueberries	1 lb.	3 cups
Broccoli	1 lb.	3½ cups florets
Cabbage	1 medium head (2 lb.)	10 cups shredded or chopped
Carrot	1 medium (2 oz.)	½ cup sliced, chopped, julienned, or finely shredded
Cauliflower	1 head (1½ lb.)	5 cups florets or 4 cups rice
Celery	1 stalk (1 oz.)	½ cup sliced or chopped
Cherries	1 lb.	3 cups whole or 2½ cups halved
Cranberries	1 lb.	4 cups
Cucumber	1 medium (10 oz.)	2½ cups sliced
Eggplant	1 medium (1 lb.)	6 cups cubed
Fennel	1 medium (1 lb.)	3 cups chopped
Garlic	1 medium clove	1 tsp. minced
Grapes	1 lb.	2½ cups
Greens, cooking	12 oz.	12 cups torn
Kale	1 bunch (10 oz.)	8 cups chopped
Leek	1 medium (8 oz.)	1 cup chopped
Lemon	1 medium	2 tsp. finely shredded zest (1 tsp. packed) or 3 Tbsp. juice

FOOD	BEGINNING SIZE OR AMOUNT	YIELD AND CUT
Lime	1 medium	1½ tsp. finely shredded zest (¾ tsp. packed) or 2 Tbsp. juice
Mango	1 medium (12 oz.)	1 cups cubed
Melon (cantaloupe, honeydew)	1 medium (2½ lb.)	6 cups cubed or 5½ cups balls
Mushrooms	8 oz.	3 cups sliced or chopped
Nectarine	1 medium (6 oz.)	1 cup sliced or chopped
Onion	1 medium (6 oz.)	1 cup chopped
Onion, green	1 medium	2 Tbsp. sliced
Orange	1 large (10 oz.)	1 Tbsp. finely shredded zest (1½ tsp. packed) or ½ cup juice or ½ cup sections
Papaya	1 medium (1 lb.)	1½ cups sliced
Parsnip	1 medium	½ to ¾ cup sliced or chopped
Peach	1 medium	1 cup sliced or chopped
Pear	1 medium (8 oz.)	1½ cups chopped
Pepper, sweet	1 medium	1½ cups strips or 1 cup chopped
Pineapple	1 medium (4 lb.)	4½ cups peeled and cubed
Plum	1 medium (4 oz.)	½ cup sliced
Potatoes	1 lb.	3 cups cubed (peeled)
Potatoes, sweet	1 medium (8 oz.)	1½ cups cubed (peeled)
Raspberries	1 lb.	4½ cups
Rhubarb	1 lb.	4 cups sliced
Shallot	1 medium	2 Tbsp. finely chopped
Squash, summer (yellow, zucchini)	1 medium (8 oz.)	2 cups sliced or 3 cups zoodles
Squash, winter (acorn, butternut)	2 lb.	6 cups cubed
Strawberries	1 pt. (about 1 lb.)	3 cups whole or sliced
Tomato	1 medium (6 oz.)	1 cup chopped





1 GAL. =
4 qt. 8 pt. 16 cups
128 fl. oz. 3.8 L

1 QT. =
2 pt. 4 cups 32 fl.
oz. 0.95 L

1 PT. =
2 cups 16 fl. oz.
480 ml

1 CUP =
8 fl. oz. 240 ml
16 Tbsp.

3/4 CUP =
6 fl. oz. 180 ml
12 Tbsp.

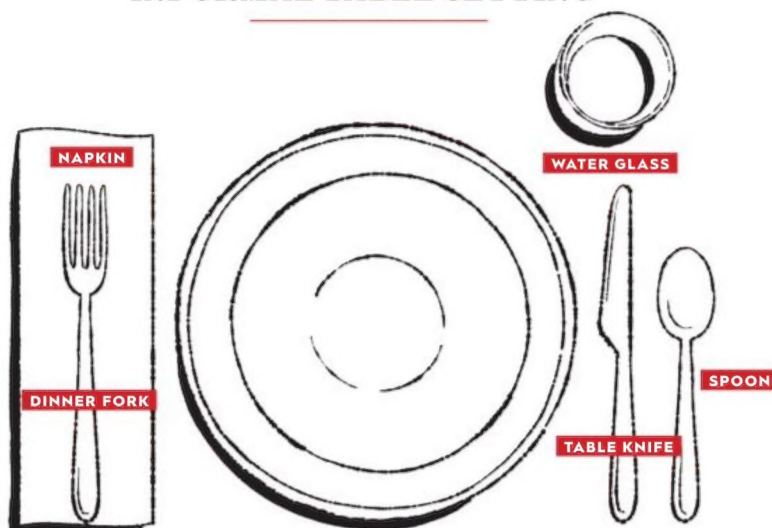
1/2 CUP =
4 fl. oz. 120 ml
8 Tbsp.

1/3 CUP =
3 fl. oz. 80 ml
5 Tbsp. + 1 tsp.

1/4 CUP =
4 Tbsp. 12 tsp.
2 fl. oz. 60 ml

1 TBSP. =
3 tsp. 1/2 fl. oz.
15 ml

INFORMAL TABLE SETTING



FORMAL TABLE SETTING

